

Strength and Balance workshop for those who care for older adults

Course Overview

A half day workshop that explains why walking plus strength and exercises provide the key to active older age. Delegates will spend time learning how to encourage mobility and activity, reduce sedentary behaviour and build strength & balance exercises into daily care. This course is delivered by our qualified trainers who have extensive experience in health & social care.

Learning Outcomes

- Understand the physical, social and well-being effects of ageing,
- Be aware of the current guidance on how active older adults need to be,
- Understand why daily activity and strength and balance exercise is vital for older adults,
- Try out strength and balance exercises,
- Understand how to support older adults in your care to do these exercises.

Who is this course suitable for?

Care staff working with older adults in residential or home care settings who would like to support older residents to improve their mobility through short daily walks and strength and balance exercise.

Course Materials

All who attend will be given a certificate of attendance, a set of Strength and Balance exercise cue cards, and a Strength and Balance leaflet.

Online training via Zoom

The course will last 3.5 hours. We will email the course joining instructions to you beforehand and course materials will be posted to you before the training starts. To book a course, delivered by our freelance trainer for up to 15 of your staff, [complete this form](#). The cost of the course is £400.

In-person training **** (not currently available due to covid restrictions) ****

The course will last 3.5 hours. To book your own course, delivered by our freelance trainer for up to 20 of your staff, [complete this form](#). The cost of the course is £400. You are responsible for booking and costs of a venue and refreshments.

For more information, please contact training@pathsforall.org.uk

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