

STUDY DAYS

FUNCTIONAL FITNESS MOT

Developed for health and fitness, sport and recreation, active ageing and healthcare and allied health care professionals.

IN JUNE 2014 THE FUNCTIONAL FITNESS MOT WAS INCLUDED AS ONE OF THE 20 NEW IDEAS FROM UK UNIVERSITIES THAT WILL CHANGE THE WORLD.



TUTORS:

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COST:

LLT Members & Non-members **£70 + VAT**

Charities & Non-Governmental Organisations **£60 + VAT**



NB: To qualify for allocated REPs CPD points you should be a member of REPs and hold their required pre-requisites (i.e. older adult qualification)

DO YOU WANT TO LEARN...

- ✓ How the components of fitness can improve health and well-being for older adults 65+?
- ✓ Why strength, balance and coordination are important for independent living, mobility and the prevention of falls?
- ✓ How to initiate meaningful conversations with older adults about their fitness?
- ✓ How to organise Functional Fitness MOT activities and events designed to educate older people?
- ✓ The value of current UK guidelines on physical activity and health for older adults?

OVERVIEW OF THE FUNCTIONAL FITNESS MOT

By the end of the workshop participants will be able to:

- ✓ Describe the main features of the Functional Fitness MOT and how it works in practice.
- ✓ Describe the key elements of the UK physical activity guidelines for older adults.
- ✓ Start a meaningful conversation about being active and functional fitness with an older person.
- ✓ Identify how the Functional Fitness MOT can be implemented within their setting.
- ✓ Know how to access additional resources to support the programme.

WHO IS THE DAY SUITABLE FOR?

This one day practical course is designed for anyone working with older adults to increase physical activity levels, strength, balance and co-ordination. This includes:

- ✓ Physical activity practitioners.
- ✓ Active ageing development officers.
- ✓ Allied health care professionals including Occupational Therapists.
- ✓ Physiotherapists and therapy assistants.
- ✓ Exercise instructors, teachers and leaders.
- ✓ Those working in older people, health and adult social care services.

WHAT TO EXPECT

- A summary of the evidence that underpins the use of the Functional Fitness MOT.
- Participants will be able to take part in all aspects of the Functional Fitness MOT.
- Examples of a variety of practical case studies from across the UK.
- Access to resources that will help you organise your own events and activities ...and postcourse access to the MOT toolkit, which can be adapted for local use.
- The day will involve practical activities (loose clothing required) with discussions and some use of power-point presentations.

IMPACT

Our 2014 impact report showed that of those attending Functional Fitness MOT training events

- 54% used the functional fitness messages for inclusion in local programmes.
- 28% reported changes to public facing materials (eg. leaflets, posters) and programmes.
- 37% went on to organize functional fitness events designed to educate older adults.
- Professionals are using the training to deliver Functional Fitness assessments, either with groups or 1 – 1, in a variety of settings, including sheltered and supported living, GP practices, hospitals, Universities, community venues, libraries and leisure centres.

CONTINUAL PROFESSIONAL DEVELOPMENT



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