

LLT Education Connect

Bite Sized Learning Schedule 2025



CONTENT ONLY AVAILABLE TO LLT EDUCATION CONNECT MEMBERS

LLT Education Connect Members can enjoy another year of best practice conversations and learning. **LLT Education Connect Membership is £50 per year** and available to anyone who has completed an assessed training course with us, content is most relevant for PSIs and OEP Leaders. Email Louise on info@laterlifetraining.co.uk to sign up.

All sessions will take place on the Education Connect Membership Forum on our e-learning portal. Sessions will be recorded, and can be rewatched at a later date.

FEBRUARY 24th

7.30PM - 8.00PM

FaME Evidence and how FaME is delivered in the UK (context)

Dawn Skelton

- To understand the updated evidence and history of FaME research, to know when FaME can be used for primary or secondary (treatment) prevention of falls
- To understand the context in which FaME is currently delivered in the UK

MARCH 25th

7.30PM - 8.00PM

Functional Grid decision tool for PSIs – has been upgraded!

Dawn Skelton & Bex Townley

- To update PSIs on the updated Functional Grid tool, and the rationale for the changes

APRIL 14th

7.30PM - 8.00PM

Q&A for PSIs and OEP Leaders – inc. getting down to the floor

Dawn Skelton, Sara Paul & LLT Team

Question and answer sessions are designed for you to ask us your questions. We invite you to email in your questions ahead of the session so that we can plan to answer them all.

In this session we will tackle some questions about movement limitation in the foot/toes and the challenge of getting down/up from the floor e.g.,

- Analyse what 'they can do' and what joint ranges are taking on the task +-
- Observe and optimise movement to successfully achieve the task

MAY TBC

TBC

Medical Conditions review and Q&A

Janet Thomas

Aims and Objectives to follow...

JUNE TBC

TBC

Vestibular dysfunction and falls risk in older adults*

Hannah Barbour, clinical specialist physiotherapist at Guys and St Thomas' in a community team

To understand the relationship between vestibular problems and falls risk, to know when an onward referral for vestibular problems is warranted and to understand the benefits of exercise in treating vestibular problems

* Anyone is welcome to attend this session, please note that content most suitable and relevant for physiotherapists

JUNE**18th**

7.30PM - 8.00PM

Q&A for PSIs and OEP Leaders

LLT Team

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Email questions to bex@laterlifetraining.co.uk

JULY**TBC**

TBC

Medical Conditions review and Q&A

TBC

Aims and Objectives to follow...

AUGUST**21st**

7.30PM - 8.00PM

Q&A for PSIs and OEP Leaders

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AUGUST**26th**

7.30PM - 8.00PM

Evidence for exercise (movement) snacking

Dawn Skelton

To understand the evidence-base behind increasing light activity or exercising in small, short bouts (snacking)

SEPTEMBER**18th**

7.30PM - 8.00PM

“In it For the Long Run” The challenges of maintaining physical activity and becoming Active for Life

Bob Laventure

This CPD session will look at how the exercise instructor can adopt practical strategies that can support participation over time and in particular, when programmes or services come to an end

By the end of this CPD session participants will be able to:

- Describe what evidence-based support strategies can be used to maintain participation
- Reflect on how these can apply to their own current and future practice

OCTOBER**27th**

7.30PM - 8.00PM

Floor rise skills, self-efficacy and fear of falls

Dawn Skelton

To understand the evidence-base behind re-skilling participants in getting up from the floor (or of watching videos or the instructor do this on a regular basis) and effects on falls self-efficacy and fear of falls

NOVEMBER**10th**

7.30PM - 8.00PM

Q&A for PSIs and OEP Leaders

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