
















**WORKSHOP 1 (5 PARALLEL SESSIONS) – 11:00-12:30**

<b>Workshop</b>	<b>THEME</b>	<b>WHO</b>	<b>ROOM</b>
1a	<p><b>Using OTAGO based kinect exergames to prevent falls in older people</b></p> <p>This interactive workshop will examine the usability and acceptability of kinect based Exergames (video-games and OTAGO exercises) developed with older people and therapists to improve function and prevent falls.</p>	<p><b>Dr Emma Stanmore</b></p> 	<p><b>Grace</b> [Ground floor]</p>
1b	<p><b>Modern Pilates and Frailty</b></p> <p>The frailty of old age is largely reversible. It is never too late! Modern Pilates Chair/Matwork exercise program targets body awareness, muscle strength &amp; endurance, balance, coordination, and motor planning.</p>	<p><b>Sheila Done</b></p> 	<p><b>Inspire 1&amp;2</b> [First floor]</p>
1c	<p><b>This is Me!</b></p> <p>Demonstrating person centred approaches to physical activity and exercise programmes for people living with dementia. What do we need to know and how can we use this information to create success?</p>	<p><b>Bob Laventure</b></p> 	<p><b>Amy</b> [Lower ground]</p>
1d	<p><b>Chair Master Class</b></p> <p>Want some tips on leading chair based exercise, progressing exercises and adding in some fun? Then this workshop is for you!</p>	<p><b>Sheena Gawler</b></p> 	<p><b>Serenity 1&amp;2</b> [Lower ground]</p>
1e	<p><b>Rehab and frailty – what are the outcomes?</b></p> <p>Does rehabilitation make a difference to frailer older adults? Yes! Find out how physiotherapy and exercise can improve markers of frailty and what this means to the frailer older adult.</p>	<p><b>Janet Thomas</b></p> 	<p><b>Elegance 1&amp;2</b> [First floor]</p>

WORKSHOP 2 (5 PARALLEL SESSIONS) – 14:00-15:30

Workshop	THEME	WHO	ROOM
2a	<p><b>Strictly Neurodisabilities; Strength, Balance and Dance based exercise for people with a range of neurodisabilities</b></p> <p>Learn the importance of strength, balance and dance for people with neuro-disabilities, particularly those with Parkinson’s and MS. A brief look at the evidence followed by practical examples.</p>	<p><b>Sarah Wheatley</b></p> 	<p><b>Serenity 1&amp;2</b> [Lower ground]</p>
2b	<p><b>Adapting exercise for those with visual impairment:</b> Both Otago and FaME/PSI exercise programmes have now been piloted with people living with severe visual impairment (VI). Learn more about the adaptations necessary and the support options that help people with VI uptake and adhere to exercise.</p>	<p><b>Dawn Skelton</b></p> 	<p><b>Grace</b> [Ground floor]</p>
2c	<p><b>Out of the box approaches?</b> 5 people, 10 conditions, a wide range of impairments. Bex shares her approaches to 5 people across home community and gym based settings. Dorothy 79 dementia, Irene 69 anxiety and memory problems, spencer 44 stroke, Catherine 93 frail but determined, Sam 25 wheelchair user deaf, CP. Principles from fame and Otago but perhaps a few new spins for you to put in your tool box.</p>	<p><b>Bex Townley</b></p> 	<p><b>Elegance 1&amp;2</b> [First floor]</p>
2d	<p><b>Tai Chi Movements for Wellbeing: Transforming 'Old' to 'Eldership' – Falls Prevention with TMW Training</b> Explore how simple Tai Chi Movements for Wellbeing encourage improved balance and mobility, using embodied mindfulness to promote physical and mental relaxation and rehabilitation, inviting a shift from 'elderly' to 'eldership'. Marigold will also talk about the benefits of TMW, including current research.</p>	<p><b>Marigold Farmer (TMW Training)</b></p> 	<p><b>Inspire 1&amp;2</b> [First floor]</p>
2e	<p><b>Otago in a nutshell</b></p> <p>Are you a qualified PSI/Physio/AHP? Are you wondering what the Otago Exercise Programme (OEP) is? Want to find out more about the exercises and implementing the OEP? If so, this session is for you! NB This session is for qualified PSIs and physios/AHPs only.</p>	<p><b>Vicky Johnston</b></p> 	<p><b>Amy</b> [Lower ground]</p>

WORKSHOP 3 (5 PARALLEL SESSIONS) – 16:30-18:00

Workshop	THEME	WHO	ROOM
3a	<p><b>HIFE – High Intensity Functional Exercise for older people living with Dementia</b></p> <p>Have a go at the HIFE exercises with the weight belt and discuss strategies for engaging with older people living with Dementia in care settings.</p>	<p>Assoc. Prof. Erik Rosenthal &amp; Dr Nina Lindelöf</p> 	<p><b>Grace</b> [Ground floor]</p>
3b	<p><b>Parkinson's and Exercise</b></p> <p>A practical and discursive session to consider how to merge the evidence about exercise for people with Parkinson's and symptoms they experience when prescribing a tailored programme.</p>	<p>Bhanu Ramaswamy</p> 	<p><b>Elegance 1&amp;2</b> [First floor]</p>
3c	<p><b>Sarcopenia interventions</b></p> <p>What is Sarcopenia? And sarcopenic obesity? Why you need to know and what strategies are in place to help reduce the functional difficulties associated with sarcopenia</p>	<p>Dawn Skelton</p> 	<p><b>Amy</b> [Lower ground]</p>
3d	<p><b>Yoga practice for strength and balance</b></p> <p>More than physical exercise, yoga addresses mental and spiritual wellbeing too. In this workshop we will be investigating asana practice, breathing techniques and meditation for balance and strength. Positively enlightening!</p>	<p>Sara Paul</p> 	<p><b>Inspire 2</b> [First floor]</p>
3e	<p><b>Bouncing balls- getting 'on' with your kit!</b></p> <p>Taking evidence base exercises and components of an exercise session to a new dimension- incorporating a variety of equipment.</p>	<p>Kelsey Sprintall</p> 	<p><b>Serenity 1&amp;2</b> [Lower ground]</p>