

- This guidance supports you in deciding whether PSI (FaME) training is suitable for you at this time.
- Attending this training without the recommended prior learning will not only affect your enjoyment of the course, but you may feel ill prepared and/or have insufficient core knowledge and experience.
- All potential candidates are advised to consult with their insurance provider to ensure they have adequate insurance to implement this training. **LLT are unable to advise about insurance issues.**

### **PSI (FaME) training is;**

- ✓ **essentially, but not exclusively, designed for L3 Exercise Referral qualified** (or equivalent) exercise professionals to lead falls management exercise (FaME) sessions in small groups in community venues, as the research intended.
- ✗ **not recommended for Band 3/4 therapy assistants** unless they have additional exercise qualifications. (OEP Leader training is a more appropriate training option).

### **PRE-REQUISITES FOR EXERCISE PROFESSIONALS**

- ✓ We highly recommend L3 Exercise Referral has been achieved.
- ✓ An endorsed **fitness qualification** e.g. group exercise instructor, gym instructor, personal trainer, with intention to complete L3 Exercise Referral in the immediate future.
- ✓ Understand and have applied principles of fitness and progression, goal setting, supporting behaviour change, and have some experience in working with older people.
- ✓ **Hold a valid CPR qualification/relevant in-house training** for their role and setting.

### **Training courses such as those for Dance, Pilates, Tai Chi, Yoga and Zumba are wide-ranging.**

Training in these disciplines may be accredited and well recognised, but LLT has no understanding of course content or scope of practice.

### **Important note about implementation of FaME**

PSI (FaME) Training is based on research for exercise for falls prevention, primarily the FaME and Otago programmes. Many other forms of exercise/disciplines can contribute to broader generic strength and balance programmes for older people. When instructors and leaders veer away from evidence-based delivery and apply 'selected' principles and elements of the FaME programme, it is important that a) insurance providers are aware of how the PSI training is being implemented, b) that they are still within scope of practice of their profession and c) the programme is not stated/advertised as being an evidence-based falls prevention programme.