

LLT are sector leading experts in the delivery of evidence based exercise programmes for older people, stoke survivors and people living with dementia.

# Postural Stability Instructor (PSI)

Specialist Instructor Training for exercise and health professionals working in community settings to improve balance and reduce risk of falls in frailer, older people

Previously a REPs Level 4 training course, our PSI training is now endorsed by CIMSPA with Senior Activity and Health Practitioner membership status

#### **PSI Learner Journey** A Blended Learning Approach **WEEKS 1-4 WEEKS 5-8 WEEKS 9-12 WEEKS 13-16** Directed Learning Tasks as part of Directed Learning Tasks as part of Directed & self directed learning tasks Assessment preparation: guided learning hours: guided learning hours: as part of guided learning hours: · Written case study submission · Written session plan (inc. risk Activities include: Activities include: **Activities include:** assessment) submission · Narrated presentations · Narrated presentations · Discussion forum Q&A with course Learning check quizzes Reflective practice tutors · Videos (listening tasks) Discussion forum Q&A with course Planning for practical skills · Discussion forum Q&A with assessment and written case study course tutors Mock theory paper (self-marked) Discussion forum Q&A with course · Planning tasks All content for completion prior to Videos (listening/observation face to face day 1 All content for completion prior to face analysis) to face day 3 Week 5 Start of Week 1 Week 9/10 Week 14 Week 16 Case study Office will enrol Face-to-face Days 1 & 2 Face-to-face Day 3 you onto e-learning submission **Practical Assessment &** (inc MCQ & Theory Paper) platform and send Session Planning login details

## **About** the PSI training course

#### Introduction:

This Specialist Postural Stability Instructor training in The Prevention of Falls is the first and currently only, evidence based and endorsed falls prevention training available in the UK. Its development, funded by the Department of Health, involved a National Advisory Group of experts. There are over 2000 trained PSIs in the UK, working within the NHS Falls Prevention services and self employed. 54% of falls exercise services have a PSI trained instructor working in the team.

### What to expect:

This is an undergraduate level learning training course with three assessed elements including practical skills assessment.

The training is delivered as a blended learning approach learning approach with online elements hosted on the LLT e-learning platform plus four face to face training days (inc assessment)

The course focusses on knowledge, through problem solving, to the practice of delivering, progressing and tailoring the 7 evidenced based components of the Falls Management Exercise (FaME) programme.

#### **PSI Content Overview:**

Key Learning Outcomes:

- ✓ A sound understanding of falls prevalence, consequences and risk factors for falls and the evidence for falls prevention exercise
- ✓ Design, deliver and evaluate safe, effective and progressive falls prevention exercise programmes for frailer, older people
- ✓ Tailor and adapt for 1-2-1 and group approaches
- ✓ Risk stratify and refer effectively to health/exercise professionals
- ✓ Outcome measures, evaluation and implementation approaches
- ✓ Observe relevant professional standards and medico-legal requirements for exercise referral protocols.

## Eligibility & Cost

Please see website for full details:

https://laterlifetraining.co.uk/psi-course-info

Please ensure you are insured to work with older people at risk of falls and undertake this vital training to support older people to feel confident on their feet







