

STUDY DAYS

MOTIVATE ME

Developed for health, adult and social care, fitness, physical activity, leisure and recreation professionals promoting physical activity with older people.

An opportunity to learn about why it is challenging to motivate older people and how we can help them motivate themselves.



TUTORS:

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Consultant, physical activity and ageing

COST:

LLT Members	£99 + VAT
Non-members	£110 + VAT

DO YOU WANT TO LEARN...

- ✓ What helps and hinders older people's attempts to be active?
- ✓ How to engage in meaningful conversations with older people about their own motivation and what is important to them?
- ✓ Which support strategies are most effective in maintaining participation?
- ✓ How motivation can change over time and how to anticipate those who might drop out?
- ✓ How motivational strategies can be incorporated into your routine practice?

MOTIVATE ME STUDY DAY OVERVIEW

The Motivate Me study day helps professionals to increase uptake and adherence to physical activity by older people through an understanding of evidence based, best practice strategies and learning how to implement them effectively at a local level.

The day will include addressing the individual, social and environmental barriers to physical activity and how this improves uptake and adherence to physical activity.

Strategies for use by the instructor are highlighted including action planning, goal setting, self-monitoring and increasing participant confidence and self-efficacy and the use of personalized support strategies.

PRE-REQUISITES, WHO IS THE DAY SUITABLE FOR?

This one day practical course is designed for anyone working with older adults to increase physical activity. This includes:

- ✓ Exercise instructors, including L3 Referral and L4 Specialist instructors and personal trainers
- ✓ Otago Exercise Programme and Chair Based Exercise Leaders
- ✓ Physiotherapists, Occupational Therapists and Rehab Assistants
- ✓ Movement and dance teachers, walking programme and walking sports co-ordinators
- ✓ Health, Adult and Social Care professionals
- ✓ Sheltered and supported living managers
- ✓ Active Ageing Professionals, including Physical Activity, Recreation and Sports Development Officers

WHAT TO EXPECT

- A small amount of pre-course reading
- A summary of the key elements of behaviour change theory
- An opportunity to practice good conversations and develop listening skills
- A summary of the evidence that underpins best practice approaches to motivation
- An opportunity to reflect upon your current practice and use the learning from this day to plan future actions
- Small group discussion activities supported by short information sharing presentations
- Participants will be provided with 3 months on-line support to assist implementation.

EVIDENCE AND IMPACT

Motivate Me is underpinned by the evidence of effective approaches to behaviour change (Biddle et al 2011), including evidence that using a behaviour change model is effective in community dwelling older adults and that cognitive behavioural strategies increase uptake and adherence to physical activity.

Published research (Hawley Hague 2012) has demonstrated that instructors and teachers who had participated in motivational training are more likely to have participants who attend more frequently and that this is significant in the first three months, the stage in which the participants are encouraged to stay.

CONTINUAL PROFESSIONAL DEVELOPMENT

