

## **Posture Management Awareness Training**

for

**Nurses, Health Care Assistants, Support Workers, and other interested health and social care professionals.**

- + Do you work with people who have difficulty with maintaining their position in a bed or chair?
- + Do you feel confident positioning people who have difficulty with movement, spasticity or contractures?
- + Do you want to promote comfort and prevent deterioration in range of movement and function?
- + Do you want to reduce the risks associated with poor positioning?
- + Do you want to learn simple, practical steps to improve your care provision and the well-being of individuals with positioning and seating difficulties?

**We are here to work in partnership with you to achieve the best possible outcomes in supporting people with posture and positioning difficulties.**

- + Our experienced Physiotherapists will create and deliver bespoke, practical and interactive Posture Management Awareness Training to provide your staff with the skills and knowledge needed to meet the specific requirements of your service.

**Learning Objectives:** To enable delegates to develop their knowledge and understanding of:

- + The causes of altered postures
- + The 24 hour 7 day management approach
- + How to aid comfort and quality of life in sitting and lying
- + How to aid an individual's ability and communication with effective postures
- + How to limit deterioration
- + Documentation and care planning of posture management
- + How to identify problems and ask for help
- + Information sources

✚ How to refer to Physiotherapy

To discuss your needs and potential costs please contact Karolina Wasilek on:

**02380 448168 / 07921 897858** or email [k.wasilek@peartreerehab.co.uk](mailto:k.wasilek@peartreerehab.co.uk).

