

# More skilled people in elder exercise through instructor training

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## AN EFFECTIVE AND EFFICIENT WAY OF PROMOTING HEALTH EXERCISE

The participants in instructor training of the Age Institute receive tools to train new skilled persons in local elder care. The training is aimed for professionals in physiotherapy, exercise and nursing or for experienced peers. Training people locally in pairs from various sectors has given the best results.

### Structure of training and learning materials

Instructor training is a process including class teaching, local training practice, and evaluation.

The instructors receive teaching materials and materials for trainers and older people.

Instructor training is offered on the following topics:

- Older people's strength and balance exercise
- Promotion of everyday mobility
- Outdoor activities
- Senior dance

## STRUCTURE OF INSTRUCTOR TRAINING

3–4 days in class

1–4 days of local leader training

1 day evaluation



## INSTRUCTOR NETWORK IN OLDER PEOPLE'S EXERCISE

More than 1,000 registered instructors

### INSTRUCTOR TRAINING

for professionals in Sport Service and Social and Health care (physiotherapy) or for experienced peers (22–42 h)

**Contents:** strength and balance exercise, everyday mobility, walking outdoors, senior dance

**Materials:** training files and leader's materials  
Further training for instructor network

### LEADER TRAINING

for peers and volunteers (8–20 h)

Almost 8,000 leaders

STRENGTH AND BALANCE GROUP LEADERS

FITNESS NURSES

GYM FRIENDS

HOME FITNESS LEADERS

OUTDOOR FRIENDS

SENIOR DANCE LEADERS

## RESULTS

Since 2005, more than 1,000 persons have participated in instructor training including people from social and health care, sports, organizations, private sector and education. They have organized local training for almost

8,000 people. Local training has produced outdoor friends activities and thousands of strength, balance, senior dance and outdoor groups for older people with decreased functional capacity.



*Health exercise gives joy and independence to older people!*

## CONCLUSIONS

Instructor training activities have resulted in a national training network coordinated and mentored by the Age Institute. People in the network

receive further training. The training network ensures the flow of new professional and peer trainers in local exercise activities and promotes the high

quality of exercise activities. The network consisting of various professionals improves their knowhow by benchmarking each other.