

## What is postural care?

People who find it hard to move are at risk of developing changes in their body shape.

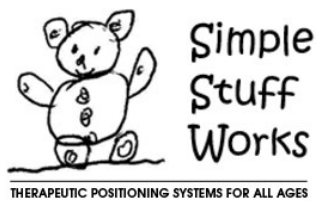
These changes can make life much more difficult for the person and for those caring for them, they are also preventable.

Postural care involves making sure that every person is supported to be as comfortable and pain free as possible during the whole 24 hour period. This may include the use of specialised seating as well as night time positioning.

You can find further information about postural care here:

[www.mencap.org.uk/posturalcare](http://www.mencap.org.uk/posturalcare)

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UK**



**POSTURAL CARE CIC**

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## One day courses 2013

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# One Day Courses 2013

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Postural Care CIC have worked with leading clinicians to develop a series of one day courses for anyone with an interest in protection of body shape. The courses are accessible for self advocates, families and personal assistants as well as for those with a professional interest in the subject.

## **Introduction to Seating sponsored by Consolor Ltd**

Specialist seating is a diverse subject area. It is often a technically complex and yet highly personal aspect of an individual's life. During the course of the day we will explore both the technical and personal aspects of seating provision, translate some of the jargon and spend time thinking about how to improve our advocacy skills when it comes to seating appointments.

Finding a balance between what we consider to be important for us and what is important to us can be difficult. We will work together to better understand what makes a 'good' seating solution.

## **Postural Care Awareness**

How and why does the body change shape? During the course of the day we will explore the causes of body shape distortion and the associated impact of changes in body shape, we will share examples of best practice and consider how families and service providers are working in partnership to move forward.

## **Introduction to the Goldsmith Indices of Body Symmetry Sponsored by Simple Stuff Works CIC**

Service providers are coming under increased pressure to demonstrate what it is they do. Measurement of Body Symmetry using the Goldsmith Indices allows both families and therapists to monitor the effectiveness of physical therapeutic intervention.

During the course of the day we will have the opportunity to practice the technique, to consider how measurement can be used to support families to introduce behavioural changes and explore how the data produced can demonstrate the importance of service provision.

All courses are held at The Coton Centre,  
Comberford Road, Tamworth, Staffordshire,  
B79 9AA from 9.30am to 3.00pm

Tea, coffee and lunch are provided

**FREE OF CHARGE - PLEASE BOOK YOUR  
PLACE AS SOON AS POSSIBLE**

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### **Introduction to Specialist Seating**

**2nd July and 22nd October**

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Postural Care Awareness

4th June, 6th September,

22nd November

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### **Measurement of Body Symmetry**

**10th Sept, 29th November**

Booking for all courses is **essential**

To reserve your place please contact  
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