



Postural Care Skills - Investing in Postural Care

Why Postural Care?

Postural care is all about protecting body shape. Postural care is very gentle - it isn't about stretching and exercises to change a person's shape. It can be used even if the individual's body shape has changed already, so age doesn't matter. Changes in body shape have a big impact on how comfortable we are, whether we can do certain things, the sort of equipment we need and of course how healthy we are. The Postural Care Skills Programme recognises the importance of protecting body shape in order to maintain comfort, movement and health. People who have complex and continuing health care needs often need help to protect their body shape. This accredited course will enable you to support families and PAs to make choices, to help protect either their own body shape or someone they care for.

The services we provide

We are able to offer awareness sessions to family support groups, partnership boards, PCTs, care providers and other organisations such as schools and colleges. Members of our team may be commissioned to work directly with individuals, their families and personal assistants. We also offer a range of accredited and quality assured courses for areas wishing to develop locally sustainable training provision.

©PCSP (UK) Ltd is an independent training provider. We have Nationally Approved Centre Status which is reviewed every 6 months by the Open College Network West Midlands Region. Our train the trainer course is an accredited, level 3 course with a value of 9 credits. This equates to 90 hours study time. Participants are expected to complete and submit work throughout the course in order to achieve the qualification.

Who do we work with?

We are happy to work with anyone committed to developing sustainable person centred Postural Care infrastructure within their community, service or region. Our courses are for people who understand the importance and value of Postural Care and want to support others. Examples of people we have worked with to become trainers includes: Self Advocates, Family Carers, Personal Assistants, Occupational Therapists, Physiotherapists and Teachers

How much do we cost and what does that include?

One day awareness sessions cost £500 + VAT per day plus any accommodation or travel expenses that may be incurred. When working directly with individuals and families our charges are negotiable per day plus any travel or accommodation expenses that may be incurred.

Our train the trainer course costs £4000 + VAT per Tutor. This fee includes all tuition, a 3 day residential course with refreshments and meals, registration and moderation through the Open College Network West Midlands Region (www.ocnwmr.org.uk) 2 further outreach training days, all course and teaching materials and a license to use these materials to teach others. The license agreement is made between the participant and PCSP (UK) Ltd. The materials can only be used by those individuals licensed to do so.

How do I go about booking training?

In order to check availability please make contact with the office. As a rule of thumb we are usually booked up 3-4 months in advance so please do book early to avoid disappointment.

How do I get more information?

Should you require more information or wish to apply for a place on our train the trainer course please contact the team.

Email: info@posturalcareskills.com

Telephone: 01827 304 938

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