



Postural Care Skills - Investing in Postural Care Leaders

Why Postural Care?

Postural care is all about protecting your body shape. Postural care is very gentle - it isn't about stretching and exercises to change your shape. It can be used even if your body shape has changed already, so your 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.

PCSP (UK) Ltd is an independent training provider. We have Approved Centre Status which is reviewed every 6 months by the Open College Network West Midlands Region. This 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 is this course for?

The Leader's Course is for those who are committed to developing sustainable person centred Postural Care infrastructure within their community, service or region. The Leader's course gives those following it not only the skills to apply Postural Care safely, humanely and effectively but it also accredits them to teach these principles to others.

Nationally Approved Centre for Accredited Training in Partnership with OCNWMR
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This course is for anyone who understands the importance and value of Postural Care and wants to support others. Examples of people we have worked with to become Leaders includes:

- Self Advocates
- Family Carers
- Personal Assistants
- Physiotherapists
- Teachers
- Occupational Therapists

What will the course teach me?

Those following this course will learn much more than just the basic principles of Postural Care. The course allows learners to explore wider healthcare provision issues, who to enlist in support of a successful Postural Care Pathway, the biomechanics of body shape distortion and managing thermal care, as well as the complex ideas around self management and determination for successful Postural Care.

How is the course structured?

The course is structured to last for one year but there is opportunity to extend this up to two years. Our staff team is extremely flexible and understand the challenges faced by those combining a caring role with learning. The course begins with a three day residential where participants get a chance to meet the team, are given their licensed teaching and learning materials, as well as a thorough introduction to Postural Care.

The course then continues via distance learning and two further workshops during which the Goldsmith Indices of Body Symmetry and principles of Person Led Care Pathways are taught. Participants have constant access to the team through email, telephone and outreach visits.

How much does this course cost and what is included?

Places on this course cost £4000 + VAT. 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.

When do these courses run?

These courses run throughout the year. We usually have one residential planned each month. Participants receive an individualised timetable so that they know when they are due to hand work in to the team, as such it is of no consequence when they start the course.

How can I get more information?

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

Email: info@posturalcareskills.com

Telephone: 01827 304 938

Fax: 01827 304 938