



Posture and Mobility Workshop Level 1

ALAS Rookwood Hospital, Fairwater Road, Llandaff, Cardiff CF5 2YN

Alternative Venue

AIM OF THE COURSE

To enhance the current practice of health professionals referring to the wheelchair and seating service for equipment.

OBJECTIVES

By the end of the course participants will be able to:

1. Understand the theory and principles underlying postural management with particular reference to pelvic stability.
2. Articulate the purpose and function of the ALAS.
3. Demonstrate basic skills in assessing and measuring a person accurately for a piece of equipment.
4. Select appropriate wheelchairs and cushions from the accessible range of ALAC equipment to meet service user's needs.
5. Appreciate what is standard and non-standard in terms of the person and equipment.
6. Recognise when to refer to ALAS for a more specialised assessment.

PROGRAMME

09:00 – 09:30 Registration
 09:30 – 09:45 Introductions and learning objectives
 09:45 – 10:00 Wheelchair services in Wales
 10:00 – 11:00 Referral form
 11:00 – 11:30 Coffee
 11:30 – 12:30 Group work
 12:30 – 13:00 Theory and principles of posture

 13:00 – 13:45 Lunch

 13:45 – 15:00 Standard wheelchairs and cushions
 15:00 – 15:30 Quiz, questions, evaluation, certificates

Times are flexible to meet the needs of participants. Please bring a tape measure with you and as there is a practical element to this course you may prefer to wear comfortable clothes. Parking on site is limited and it is easier to park in the side streets around the hospital. Tea and coffee are provided but not lunch. There is an opportunity to buy something to eat on site but we would prefer you to bring your own lunch to avoid inundating the Vision 21 team and creating long waits for food.