



ACTIVATORS in CARE

trainers workshop

Date - Monday 7th April 2025

Location – St. Marys Primary Healthcare Campus, Cork

Time – 10am – 4pm

For applications Contact – hpd.south@hse.ie

Training is free of charge; places are limited and priority will be given to HSE and HSE funded care settings.

Closing date for applications is Friday 21st March.



Activators in CARE Trainers Workshop

■ Introduction

ACTIVATOR poles were developed by therapists in Canada. The poles are modifications of Nordic Walking poles and designed to accommodate the needs of people with stability issues including rehabilitation patients, individuals with chronic conditions (e.g. Parkinson's, Stroke), and older adults with balance concerns or limited mobility.

In Ireland *FitWALKireland* distribute Activator poles and provide training for professionals that work in exercise and fitness, rehab, therapy, or care settings.

■ The Activators in CARE Trainers Workshop

The aim of the *Activators in CARE Trainers Workshop* is to provide training to a team (2+ persons) of staff in a care setting which will enable them to;

- introduce Activator poles to clients (identifying key features, etc)
- correctly demonstrate and effectively teach the special Activator technique to clients.
- be familiar with key components of functional fitness and demonstrate exercises that can be done with Activator Poles to enhance each component.
- plan and lead Activator Sessions using a mix of either seated, standing, indoor or outdoor activity.

■ Content of Trainers Workshop

The *Activators in CARE Trainers Workshop* (10am-4pm) will consist of four modules as follows

- *Functional Fitness and ACTIVATORS* outlines the background to Activator Poles and their potential in promoting functional fitness.
- *Seated SHAKEOUT* explores a range of activities that can promote key components of functional fitness from a seated position.
- *Standing STEPABOUT* examines *stepping* routines to promote functional fitness which can be done in an indoor setting.
- *Outdoor WALKABOUT* examines the benefits of using the poles outdoors.

■ Trainees Background / Experience

The participants should work in a care setting and have experience in leading activity sessions/programmes with older people and/or people with balance concerns or mobility issues.

Ideally, one of the team should hold a professional qualification in exercise and fitness, physiotherapy, physical therapy or equivalent.

■ Programme Materials

Comprehensive *Participant Notes* will be supplied
- some video materials will also be made available.

