



Teaching offered by Therapy Professionals Ltd

Therapy Professionals Ltd works with people who have a disability and their carers. Our particular interests are those with an intellectual disability (ID) and/or the Elderly.

Any of the sessions listed can be adapted for specific needs on request.

The Ageing Process:

- **Ageing Muscles and Bones**
 - *Arthritis – Osteoarthritis, Rheumatoid, fibromyalgia, polymyalgia*
 - *Osteoporosis and fracture*
 - *Fractured neck of femur*
- **Neurological Disorders**
 - *Strokes*
 - *Parkinsons*
- **Dementia**

Falls Prevention

Exercise Classes

- *Stroke*
- *Arthritis*
- *Elderly (rest home and hospital)*

Manual Handling Training

- *Manual Handling Principles and Back Care*
- *Sit to stand transfers and bed mobility*
- *Bed Mobility*
- *Sling hoists and standing hoists*

Nutrition

- *Healthy Eating*
- *Food Safety*
- *Ageing*
- *Enteral Feeding*

Eating and Drinking Difficulties (Dysphagia)

- *Introduction to Eating and Drinking Difficulties (Dysphagia)*
- *Detailed look at Eating and Drinking Difficulties*
- *Food and Fluid Modifications*
- *Feeding Another Person*

Making the day more meaningful

- *Activities*
- *Music*
- *Inclusion*

Keeping clients comfortable

- *Mobilising of limbs*
- *Positioning*
- *Stretch programmes*
- *Preventing pressure areas*

Communication

- *Alternative ways of Communicating for hands on staff*
- *Visuals / signing*

Other:

Anxiety and Depression

Assertiveness

Assisting Independence with equipment

Conflict resolution

Injury Prevention

Pelvic Floor Muscles

Physiotherapy Assistants and Activities Officers Training and Supervision

Stress Management

Teaching and Learning

An overview of Intellectual Disability

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