**Draft programme for ALE 2019**

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| **Monday 16th September 2019** | |
| 9 – 9.30am | Registration & Refreshments |
| 9.30 – 9.40am | Welcome to ALE & Housekeeping Information |
| 9.40 – 11am | **A full morning of presentations themed around mobility and gait function, use of orthotics and evidence from research including the following:**  **Theory and Practice in relation to analysis of gait with practical demos using gait lab equipment and pressure mats - Orthotic Services NHS Lanarkshire** |
| 11 – 11.15am | Tea/Coffee break |
| 11.15 – 12.15pm | **Continued: A full morning of talks themed around mobility and gait function, use of orthotics and evidence from research**  **11.15 – 11.45am : Lycra Research: A Feasability Study**. – **Jennifer Crockett, Professional Lead for Physiotherapy, Learning Disability Team, Greater Glasgow & Clyde.**  **Title: Lycra splinting garments for adults with intellectual disabilities who fall due to gait or balance issues: a feasibility study**  **Background** : Adults with intellectual disabilities (IDs) experience high rates of falls and have high rates of gait or balance issues which contribute to falls. Lycra splinting garments (LSGs) have potential to improve gait or balance, but they have never before been tested with adults with IDs who fall due to gait or balance issues. The aim of this study was to test in adults with IDs, the feasibility of using LSGs to improve movement and function and reduce falls, whilst also exploring usability and likely compliance.  **11.45 – 12.15pm : Orthotic Footwear – The Health Design Collective** - **Kavi Jagadamma, Lecturer of Physiotherapy, Queen Margaret University**  **Background :** The Health Design Collective (HDC) is a Social enterprise based at Edinburgh and linked with the Centre for Person-Centred Practice Research in Queen Margaret University. With a mission to “Collaborate with end-users to co-design fit-for-purpose, accessible, attractive and affordable health care products, including specialist orthotic footwear”, HDC brings together teams of product users, professionals, academics and students for each product. User-centred product design principles will inform selection, prioritisation, co-design, evaluation and sale of products aiming to improve lives of people with disabilities. |
| 12.15 – 12.45pm | AGM- for ACPPLD Members |
| 12.45 – 1.30pm | Lunch |
| 1.30 – 3.15pm | **A full afternoon of presentations themed around activity and movement opportunity**  **1.30 - 2.30pm: Care About Physical Activity (CAPA) - Care Inspectorate Scotland.**  CAPA, a National Scottish Government programme building on skills & knowledge and confidence of social care staff to enable those they care for to increase their levels of physical activity and move more often.  **2.30 - 3.00pm: “Love Activity, Hate Exercise?”- A Dramatic Presentation from Centre Stage Drama Group**, demonstrating the CSP National campaign message:  There’s an activity out there for everyone, and finding an activity you love means you’ll be more likely to keep it up The support around the campaign is designed to help you discover new activities that get you moving and enjoying the benefits of an active lifestyle.  **3.00 - 3.15pm : Personal Testimony** |
| 3.15 – 3.30pm | Tea/Coffee break |
| 3.30 – 5pm | **3.30 – 4.30pm: RaceRunning- Marietta van der Linden, Senior Research Fellow, Queen Margaret University**  RaceRunning is an innovative sport for disabled people with impaired balance. A RaceRunner is a custom-built tricycle without pedals on which balance is not a problem. RaceRunning gives disabled people who otherwise can only get around in an electric wheelchair, a manual wheelchair or in a walker the ability to move by themselves. With a RaceRunner even people with heavy disabilities may experience the feeling of running. [www.racerunning.org](http://www.racerunning.org)  **4.30 – 5pm Quest – Practical Experience**  Quest will bring along a selection of cycles to enable attendees to personally experience the equipment |
| 5pm | Close |

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| **Tuesday 17th September 2019** | |
| 9 – 9.30am | Registration & refreshments |
| 9.30 – 9.40am | Welcome to ALE & Housekeeping Information |
| 9.40 – 11.15am | **A full morning of presentations themed around contemporary practical physiotherapy practice in line with respiratory care and treatment.**  **Respiratory – Speaker to be confirmed** |
| 11.15 – 11.30am | Tea/Coffee break |
| 11.30 – 12.45pm | **Continued: A full morning of presentations themed around contemporary practical physiotherapy practice in line with respiratory care and treatment.**  **Use of PEP mask including practical demonstration – NHS Lanarkshire LD Physiotherapy Team**  **PAMIS client story**  **Respiratory discussion** |
| 12.45 – 1.30pm | Lunch |
| 1.30 – 2.45pm | **Talking Mats as a communicator tool for adults with a Learning Disability - Rhona Matthews - Talking Mats Associate** Talking Mats Limited is a social enterprise whose vision is to improve the lives of people with communication difficulties, and those close to them, by increasing their capacity to communicate effectively about things that matter to them. Our innovative, award-winning Talking Mats communication symbols tool is based on extensive research and designed by Speech and Language Therapists. It uses unique, specially designed picture communication symbols that are attractive to all ages and communication abilities and is used by clinical practitioners, carers and support workers in a wide range of health, social work, residential and education settings. [www.talkingmats.com](http://www.talkingmats.com) |
| 2.45 – 3pm | Tea/Coffee break |
| 3 – 4.30pm | **PAMIS ( Promoting a More Inclusive Society)**  PAMIS is the only organisation in Scotland that works solely with people with profound and multiple learning disabilities and their families for a better life. This session will involve PAMIS sharing information about some of their initiatives; Digital Passports/ Sensory Stories - Speaker to be confirmed [www.pamis.org](http://www.pamis.org). |
| 4.30pm | Rosebowl Handover to 2020 Hosts and Close of ALE 2019. |