



SOMA *pamis*

(Sporting Opportunities for Motor Activity)

The Learning Disability Managed Care Network are delighted to host a training course by PAMIS- 'Sporting Opportunities for Motor Activity'.

If you work with clients with profound and multiple learning disabilities (PMLD) and want to support them to get involved in physical activity then this course is for you! This course is ideal for support workers, coaches and physiotherapy assistants.

When? Monday 24th June 2019
09:30- 3:00

Where? Jack Kane Centre, 208 Niddrie Mains Road, Edinburgh, EH16 4ND

Places are **FREE** but must be booked in advance. To apply for a place please contact karen.lee@nhslothian.scot.nhs.uk or claire.smyth@nhslothian.scot.nhs.uk

Learning Objectives:

- Understand the background and objectives of SOMA (Sporting opportunities for Motor activities)
- Understand the benefits and the importance of SOMA
- Understand the basics of fine and gross motor skills and its application in daily life
- Understand the relationship between SOMA and the development of motor skills
- Understand the need for physical activity in people with PMLD
- Understand the basic principles of how to support people to engage in SOMA
- Discuss and identify the different levels of support needed for the people you work with to engage in SOMA
- Understand the principles and importance of injuries prevention
- Understand the principles and importance of infection control
- Discuss and consider how to organise SOMA for the people you work with
- Understand and discuss the use of assessment and evaluation for SOMA

