


WORKSHOP

1000 reps a day – Day 2

 **Date:** 15th March 2024

 **Venue:** Australian Catholic University, North Sydney

 **Cost:** \$250

 **Enquiries:** Simone.Dorsch@acu.edu.au

 **To Register:** [Click here](#)

1000 Reps a Day – Day 2**This workshop expands on the content covered in 1000 reps a Day, Day One**

Day Two will focus on the practical implementation of the strategies discussed in Day One.

Participants will;

- use case studies to divide practice into one to one, semi-supervised and independent
- set up semi-supervised/ independent practice workstations
- re-design their therapy spaces to increase semi-supervised practice opportunities
- use peer review to refine their coaching skills
- design or re-design classes and groups to increase participation and attendance

Learning Outcomes

At the completion of 1000 reps a Day, Day Two you should be able to:

- Divide patient practice into one to one, semi-supervised, independent practice
- Arrange a therapy, ward and/or home area to increase opportunities for safe and effective semi-supervised/independent practice
- Demonstrate strategies to increase the safety and effectiveness of semi-supervised practice
- Plan the implementation or improved implementation of groups/classes
- Implement strategies to increase attendance and participation in classes

Workshop material

The teaching material presented in this workshop has been developed by Simone Dorsch, Karl Schurr and Kate Scrivener from the StrokeEd collaboration and Zheng Cao.

Content

Strategies to change service delivery

- Identifying the features of one to one, semi-supervised and independent practice
- Using video case studies to identify treatment priorities and divide practice into one to one, semi-supervised and independent practice

Setting up safe and effective semi-supervised/ independent practice

- Practical session

Re-designing the therapy area

- Participants will be invited to bring a plan of their gym/ therapy space to draft a re-structure

Designing classes/ groups - participants will be able to plan a new class/ group or improve an existing one

- Design stations/exercises with progression
- Identify class requirements and equipment
- Recording of practice
- Assessment/ re-assessment procedures
- Apply participation/ adherence strategies

Coaching skills

- Participants will be invited to bring a video or audio tape of themselves to use to peer review their coaching skills with a focus on effective instructions, goal setting and feedback