



## **FALL PREVENTION KINESIOLOGIST**

**Full Time, Temporary Contract (2 positions)**

**March 1, 2021 to approximately July 2022**

**\$22.71/hour**

At Community Support Connections, we wake up each morning energized about the difference we make in the lives of our clients; people who could be your parents, grandparents, friends, or neighbours. Working with hundreds of amazing volunteers, donors, and community partners, we provide a wide range of community supports for older adults and people with different abilities to help them live at home with independence and dignity – something we all deserve. We are truly caring and client-centered, and are constantly innovating; looking for new and better ways to provide the best care and supports possible.

Passion and commitment permeate everything we do. Driven by our values, we treat our clients, volunteers, donors, and each other, with dignity and respect. We recognize that diversity is the foundation for understanding the needs of our stakeholders. We believe the best way to serve our clients and volunteers is to create an environment and culture that empowers our staff to be as productive and happy as possible.

That includes:

- Versatile work options including flexible hours or working from home
- Onsite exercise facility and programs
- On-site hot lunch options from our own kitchen
- Free parking

If what we do resonates with your core values then we want to hear from you!

**The Role:** Working closely with the Fall Prevention and Exercise Team, the Fall Prevention Kinesiologist is responsible for providing on-site education and support to facilitators and participants. Responsibilities include ensuring programs meet the individual needs of participants, delivering fall prevention education to the community and developing and maintaining an internal organizational wellness plan.

**You:**

- Are passionate about activity, engagement, wellbeing, and making a positive change in our community
- Value community partnerships as an effective way to maximize service delivery

- Understand that time management and organization are vital
- Love meeting new people and celebrating individual and community strengths
- Love working as part of a dynamic, responsible, and ever-changing team
- Thrive in an ever-changing, fast-paced environment
- Can work independently, but seek advice when needed
- Are able to handle multiple tasks and interruptions
- Work effectively as a team member
- Can provide information in a clear, concise, and compelling way to ensure completion of tasks and increase engagement
- Are capable of regular physical effort (including lifting up to 50 pounds and carrying for short distances)
- Are ready for a challenging new opportunity!

**The successful applicant will:**

- Conduct interactive presentations and information sessions on fall prevention, virtually and in the community
- Demonstrate balance and strength exercises, form, and techniques that reduce the risk of falls
- Attend exercise classes to observe and provide expert advice and recommendations to participants and facilitators to ensure participants are exercising safely and reducing the risk of falls
- Educate participants about the importance of each exercise and which muscle group each exercise targets
- Provide support and back-up to the Gentle Exercise Facilitators and other exercise staff and volunteers, as required
- Conduct SMART™ Gentle Exercise Facilitator training and SMART™ 1:1 training for exercise staff and volunteers
- Develop and update an overall organization wellness plan
- Conduct ergonomic assessments for staff and make recommendations for modifications and equipment
- Conduct staff fitness assessments and make recommendations for overall health and wellness
- Create health and wellness tips, displays and newsletters
- Conduct research and seek out education on fall prevention programs and risk factors
- Complete monthly program analysis and statistics
- Update handouts and presentation materials
- Liaise with community partners
- Attend internal and external meetings as required

**Education/Qualifications:**

- 4 year degree in Kinesiology, specializing in gerontology
- Current registration in good standing with the College of Kinesiologists of Ontario
- Current Emergency First Aid/CPR A Certificate
- Current VON SMART™ or CCAA Certification as a Group Fitness Instructor an asset

- Valid Driver's License and daily access to a reliable vehicle for business-related travel
- Experience teaching group fitness classes and/or fall prevention education for older adults and/or adults with disabilities, or specialized classes for chronic conditions (I.E. Osteoporosis, Parkinson Disease, Diabetes, Osteoarthritis, etc.) is an asset
- Proficiency in additional language an asset

### **Working Hours and Environment**

- 35 hours per week, normally between the hours 8:00am-3:30pm
- Willing and able to work from home and office, for the duration of the pandemic
- Opportunity to flex time and work remotely
- Extensive computer and telephone use

If this role sounds like the opportunity you have been looking for to challenge yourself and showcase your abilities – we would love to hear from you!

Please submit your resume and cover letter through <https://ca.indeed.com/> , clearly identifying the unique attributes you bring to the position by **February 26, 2021**.

We are happy to accommodate the needs of qualified applicants under the Ontario Human Rights Code and Accessibility with Ontarians with Disabilities Act (AODA) in all parts of the hiring process.

No phone calls or emails please. Only those applicants selected for an interview will be contacted.

**IMPORTANT:** Please note that some of the above functions and responsibilities have been reduced and/or are being performed in a different capacity (including virtually) during the pandemic. Regular business activities will resume when it is safe to do so.

For more information about Community Support Connections please visit:

[www.communitysupportconnections.org](http://www.communitysupportconnections.org)

COVID-19 considerations:

Community Support Connections has a comprehensive COVID-19 Safety Plan; all appropriate precautions will be taken during the recruitment process and upon hire.