



## **EXERCISE and FALL PREVENTION SUPPORT**

**Full time, Permanent**

**\$18.65/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 and working from home
- Generous benefit days and group RRSPs
- Competitive health and dental benefits
- Access to our Employee Assistance Plan
- 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 Exercise and Fall Prevention Team, the Exercise and Fall Prevention Support position facilitates group and individual exercise classes for older adults and persons with disabilities in retirement homes, apartment buildings, homes, and other community locations, in-person and/or virtually. The position also provides support and backup to the Manager for exercise class scheduling and customer service.

## **Responsibilities**

### **Classes**

- Sets up chairs and exercise equipment as needed
- Ensures all equipment and supplies are sanitized prior to and following use
- Distributes and collects all necessary paper work from participants, including PARQ's and waivers
- Records participant attendance at each class and reports information to the Manager, Exercise and Fall Prevention on a monthly basis
- Leads either 45 minute or one hour gentle exercise programs , in-person and/or virtual following the SMART™ program guidelines, providing modifications and adaptations for participants as trained, progressing in intensity, repetitions and resistance as appropriate
- Monitors all participants continuously throughout class, providing cues for breathing, posture and hydration
- Instructs participants on class components, including warm-up, endurance, cool-down, strength and stretching exercises, proper body mechanics and pacing and energy conservation techniques
- Ensures the safe delivery of SMART™ program and responds to emergency situations with participants as they arise

### **One on One Instruction**

- May provide one on one instruction in clients' homes

### **Program Support**

- Answers phone; greets clients, volunteers and other visitors; answers client inquiries and redirects calls and inquires to appropriate Community Support Connections' staff members as needed
- Receives client requests for services
- Communicates schedules with clients, volunteers and/or staff
- Ensures all client data and attendance is entered accurately in the AlayaCare database by the deadline
- Updates and maintains client information in AlayaCare database
- Assists with special projects and other tasks, as needed
- Attends community events, presentations, fairs as required
- Acts as CareDove liaison for exercise and fall prevention programs
- Provides backup to ensure coverage for all SMART™ exercise program classes, as needed
- Conducts information sessions and demonstrations for EFP programs in the community
- Conducts presentations for other Community Support Connections programs in the community, in-person and/or virtual as required
- Promotes exercise and fall prevention classes in the community
- Schedules and coordinates the in-home exercise programs

## **Education/Qualifications**

- High school diploma
- Valid Driver's License and daily access to a safe, licensed and reliable vehicle for business-related travel
- Current First Aid/CPR A Certification
- Canadian Centre for Activity and Aging (CCAA) – Senior Fitness Instructor Certificate or equivalent
- Ability to speak languages other than English an asset
- Experience teaching group fitness classes for older adults and/or adults with disabilities, or specialized classes for chronic conditions (i.e. Osteoporosis, Parkinson Disease, Diabetes, Osteoarthritic etc.) is an asset

## **Working Hours & Environment**

- Willing and able to work occasional evenings and weekends for prescheduled events
- Extensive computer and telephone use
- Willing and able to work occasionally from home office, for the duration of the pandemic

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 our posting on [Indeed](#), clearly identifying the unique attributes you bring to the position, by **November 28, 2021**.

We are happy to accommodate the needs of qualified applicants in all parts of the recruitment and assessment process in accordance with the Accessibility for Ontarians with Disabilities Act (AODA). If you are contacted for an interview and anticipate needing accommodations for any part of the recruitment process, please do not hesitate to let us know how to best meet your needs.

Check out [communitysupportconnections.org](http://communitysupportconnections.org) to learn more about our programs and services! You can also find us on Facebook, Twitter and LinkedIn!

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

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