



Support Services for Older Adults

**Contract Position  
SafetyAid Program**

**POSITION TITLE: SafetyAid Program - Falls Prevention Facilitator  
(5 hours per week)  
(Effective July 15, 2022 – March 31, 2023)**

**REPORTS TO:** Manager, Community Services

**UNION AFFILIATION:** Exempt

A & O's Falls Prevention Program is the first of its kind in Winnipeg and includes a virtual balance and strength exercise class conducted in collaboration with an interdisciplinary team of healthcare professionals including an Occupational Therapist, Nurse, Pharmacist and Registered Dietitian. A & O is seeking an additional Athletic Therapist, CSEP-CPT, or CSEP-CEP to join our growing team. This position would play a key role in facilitating the balance and strength training sessions, which would require availability on Monday, Wednesday and Friday mornings.

**SUPERVISION RECEIVED:**

The work is performed under the direct supervision of the Manager, Community Services. The successful candidate will demonstrate the following:

- Professionalism
- Confidentiality
- Team oriented approach
- Ability to work independently under pressure in a fast-paced environment
- Problem solving and decision-making skills
- Positive and respectful working relationships
- Ability to adapt to changing work assignments
- Ability to multi-task

**POSITION SUMMARY:**

A & O requires an independent contractor to perform a variety of tasks in facilitating an evidence-based falls prevention exercise program for older participants / clients.

**Tasks include:**

- Delivering the exercise program
- Maintaining accurate client records
- Recording and compiling program statistics

- Projecting indicators of success

### **Education:**

- Completion of a university program in the field of Athletic Therapy. Accreditation or registration with the appropriate national association- Canadian Athletic Therapy Association (CATA) and provincial association- Manitoba Athletic Therapy Association (MATA)
- OR
- Completion of a university program in the field Kinesiology with Canadian Society for Exercise Physiology (CSEP), Certified Exercise Physiologist –(CEP) certifications
- Current Cardiopulmonary Resuscitation (CPR) Training and Basic First Aid requirements
- Proof of liability insurance

### **POSITION DUTIES AND RESPONSIBILITIES:**

- Lead, implement and supervise progressive balance and strength exercises based on an evidence-based fall prevention program curriculum (3x per week)
- Complete client intakes, screening and registration
- Coordinate the physical assessment station during Fall Prevention Clinics to administer standardized tests to determine baseline prior to the exercise program
- Throughout the exercise program, monitor and record functional and subjective findings in client charts
- Follow up with clients throughout the program and assist with overcoming challenges to participation
- Assist with the educational component of the program and present to clients on related falls prevention topics
- Assist with evaluation of the exercise program
- Set-up and sanitize exercise equipment

Additional responsibilities may include assisting with the Fall Prevention Clinic for assessment and intervention of older adults:

- When required, attend client homes to assess client homes for falls risks and make minor home modifications in accordance with program criteria
- Represent the agency in a professional manner that includes complete knowledge of agency programs, services and policies
- Report to the Manager, Community Services on client progress
- Familiarity with services provided by other community agencies
- Interact effectively with co-workers and personnel from all agency departments
- Interact with social services staff, and other contacts on a one-to-one basis, in groups, by phone and through written correspondence
- Coordinate fall prevention initiatives and other special projects as required
- Ensure that all exercise program and work environments are safe
- Maintain and monitor supply inventory
- When required, supervise program volunteers and students
- Maintain positive relationships with community and program partners
- Use agency software to enter client and program data
- Avoid situations which may result in actual or perceived misconduct or conflicts of interest
- Perform other tasks as assigned

Please submit resume in confidence to:

Stacey Miller, Manager, Community Services  
A & O: Support Services for Older Adults  
e-mail: [smiller@aosupportservices.ca](mailto:smiller@aosupportservices.ca)