

TITLE OF POSITION:	EXERCISE PHYSIOLOGIST COMMUNITY SERVICES
DIVISION:	Community Services
SITE:	Resthaven Sites
REPORTS TO:	Manager Community Services

OVERVIEW OF ROLE

In accordance with Resthaven philosophy and policies, the Exercise Physiologist Community Services is responsible for the provision of quality exercise programs to older people.

Special Conditions: A current driver's licence and use of an appropriate reliable, registered, and insured vehicle is essential. Reimbursement for work related travel applies.

ABOUT RESTHAVEN

Resthaven was established in 1935 and is one of a select few providers to offer the full range of aged care services. Proudly South Australian, Resthaven is a financially independent, not-for-profit charity associated with the Uniting Church in Australia. Find meaningful connections and work with purpose as you are supported to develop in your role.

CORE RESPONSIBILITIES

Undertake duties in accordance with the philosophy, business practices and policies of Resthaven Incorporated, and perform the following duties:

- Implement evidence-based interventions and develop tailored individual exercise programs for clients with Chronic Disease
- Design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries, or disabilities.
- Practising within the standards and ethics of the Exercise Physiologist profession, as documented in the Standards & Compliance prepared by Exercise & Sports Science Australia (ESSA)
- Working as a professional member of a multi-disciplinary rehabilitation team and actively participating in team meetings and continuous improvement activity.
- Assessing, planning, and evaluating programs or treatments for the client by: Reviewing, continually assessing, and evaluating programs or treatments
- Implementing effective discharge programs
- Balancing competing priorities of individuals' expectations against resource levels
- Maintaining documentation in a professional and confidential manner and in accord with Resthaven standards
- Effectively communicating with staff members, health professionals, clients, and family with regards to provision of Exercise Physiology services
- Supervising and instructing Therapy Assistants
- Contributing to, and participating in, education programs for clients and staff of Resthaven Inc related to Reablement, exercise and mobility.
- Participating in continuing education and courses

- Ensuring exercise equipment is adequately maintained and liaising with the Manager for the ordering of supplies and equipment.
- Ensuring all client incidents and adverse clinical events are recorded and reported to the Manager Community Services.
- Other duties as directed by the Manager Community Services, commensurate with classification and training.

RESTHAVEN REQUIREMENTS

Staff must follow and apply the following:

Quality, Health, Safety, and Injury Management

- Maintaining a safe work environment in accordance with Resthaven Work Health and Safety Policies and Procedures, and actively participating in the rehabilitation and return to work of staff injured at work.
- Undertaking all duties in accordance with Resthaven's Quality Management System, policies, and procedures
- Assisting in the ongoing maintenance of a safe workplace through involvement in the implementation of safe systems of work in accordance with Resthaven Work Health and Safety Policies and Procedures.
- Participating in mandatory Health and Safety training sessions.
- Identifying and reporting hazards in the workplace.
- Participating in Resthaven Quality Management System and commitment to processes of continuous improvement activities, including auditing, surveys and needs analysis.

Privacy and Confidentiality

- Adhering to Resthaven Privacy of Information Policy and Procedure at all times.
- Maintaining a duty of confidentiality to all residents, clients, volunteers, students, and staff.
- Ensuring that any confidential information that becomes known through the course of employment with Resthaven is kept confidential including information relating to Resthaven's:
 - Business or operational interests
 - Methodology and affairs
 - Financial information
 - Anything else that is notified as being confidential.

SELECTION CRITERIA

Essential

- Degree qualified in Exercise Physiology
- Recent experience working in the field of Exercise Physiology
- Full member of Exercise & Sports Science Australia (ESSA)
- Driver's Licence
- An understanding of issues for older people, their families, and carers
- Knowledge of the range and type of services available for older people/people with disabilities
- Ability to work effectively and cooperatively as a member of a team.

- Ability to communicate effectively with a wide range of people.
- Ability to work with minimal supervision.
- Ability to review procedures and implement new models of service delivery to satisfy client and organisational requirements.
- Demonstrated commitment to quality outcomes and ability to consult with staff regarding continuous improvement.
- Ability to monitor expenditure and implement action as required.
- Understanding of ageing and ability to relate to older people.
- Knowledge of and commitment to Work Health and Safety legislation.
- Understanding of quality accreditation systems and their application in the workplace
- Sound computer skills including knowledge of Microsoft Office suite.

Desirable

- Experience in working with older clients in a multi-disciplinary environment.
- Experience in measuring client outcomes
- Knowledge of the providers in the aged care sector
- Proven ability to coordinate the activities of a range of staff.

Acknowledged:

Employee

Date: