

ROLE DESCRIPTION: SUPPORTIVE FITNESS PARTNER

Role Title: Supportive Fitness Partner

Reports to (individual or department): The student will report to the Kinesiologist.

Example schedule: 1:00PM – 4:00PM, Monday to Friday.

Overview of Role: What is the purpose of this role? Who is being supported? Why is it important to the organization?

The Supportive Fitness Partner will support the well-being and quality of life of selected residents living in the home. The student will work with the Kinesiologist to promote physical health and active living, as well as support residents in maintaining or enhancing their physical abilities as designated.

Major Responsibilities: What are the specific responsibilities of this role? What will the student in this role do?

The Supportive Fitness Partner will be responsible for working with the Kinesiologist to plan and implement/lead individual and group fitness programs that promote and enhance the physical health of residents.

The Supportive Fitness Partner may be responsible for:

- assisting with physical assessments
- documenting participation and progress for individual residents
- assisting residents with mobility, such as walking with an individual from an exercise class to their bedroom (Note: individual will not be required or permitted to assist with transfers or lifts).
- maintaining a safe and comfortable atmosphere for residents
- engaging with residents during and outside of fitness initiatives

Examples of physical fitness activities may include, but are not limited to: tai chi, seated yoga or Zumba, modified aerobic exercise classes, and walking clubs.

Skills: This section summarizes qualities that would be valuable to this position and conducive to fulfilling the role

The Supportive Fitness Partner must:

- be friendly, energetic, and have a positive attitude
- have excellent interpersonal skills
- have adequate organizational and written communication skills
- be a confident and strong leader to facilitate group programs
- work well in an interdisciplinary, team-based environment, as well as independently

Requirements: What knowledge or experience is required to perform the responsibilities of this role?

The Supportive Fitness Partner is not required to have previous experience working with older adults or in a physical fitness/exercise environment. The student will be expected to complete training to ensure they have a full understanding of person-centered care, the Ontario Long-Term Care Homes Act and

Resident's Bill of Rights, as well as any required training to support individuals who need assistance with mobility (such as standing up or walking).

NATURE AND SCOPE:

Contacts: Who are the internal/external contacts that the student in this role will interact with on a regular basis?

The Supportive Fitness Partner will interact with residents of the home on a daily basis, as well as the Kinesiologist who the student will be reporting to directly. The Supportive Fitness Partner will frequently interact with other interdisciplinary team members of the home, volunteers, as well as family and friends of residents, and other visitors.

Level of Responsibility: What type of guidance, direction and assistance does the student in this role require? What type of assistance, influence, control or leadership does the student in this role provide to others?

The Supportive Fitness Partner will assist and receive guidance from their direct supervisor, however, the student will be expected to engage with residents and complete some tasks independently. The Supportive Fitness Partner does not provide leadership to any other roles within the home.

Decision Making Authority: What problems may the student in this role be required to address?

The Supportive Fitness Partner may be required to use their judgement when engaging with residents and resolving problems that arise during fitness assessments, programs and initiatives. Extra support will be available to the student whenever needed.

Working Environment: What are the typical working conditions that the student in this role could be exposed to? (e.g. setting, exposure to physical/sensory/emotional demands)

The Supportive Fitness Partner will be working in a clean and pleasant working environment. They may be exposed to low physical demands related to assisting residents with mobility, such as partially supporting a resident to stand up from a seated position, or while walking with a resident who requires support with balance. The Supportive Fitness Partner may be required to porter residents using wheelchairs. They may be exposed to emotional disruptions due to witnessing the declining health of or grieving residents they have built connections with. In this event, extra support will be available to the student.