



Position Title: Fitness Program Volunteer

Department: Health and Wellness

Reports To: Program Activationist and Supervisor, Health and Wellness

Program Description:

The Health and Wellness Program provides gentle fitness and chair-based exercise program to seniors living in the community. These are drop-in programs which are aimed at improving muscle strength and flexibility as well as posture and balance.

Position Summary:

The volunteer works directly with Program Activationist and Supervisor of the Health and Wellness programs. The volunteer *assists* Program Staff by facilitate exercise program activities. The volunteer is supportive in fostering the maintenance of a client's abilities and, where appropriate, the enhancement of those abilities through the fitness activities that are designed to stimulate and respond to the client's individual abilities.

Quality, Health & Safety/Risk Management:

In order to reduce risk to clients, employees, volunteers and the agency, SPRINT Senior Care expects that all employees and volunteers will work within the mandate of their job description, and abide by the policies and procedures of the agency. Each employee is responsible for his/her own safety as well as that of fellow employees.

SPRINT Senior Care expects every employee and volunteer to work and participate in quality improvement efforts. This is an organizational philosophy that seeks to meet clients' needs and exceed their expectations by using a structured process that selectively identifies and improves all aspects of service.

Training:

- Orientation package.
- Participate in orientation session lead by the Supervisor, Health and Wellness.
- Attend training sessions when possible.

Service Responsibilities:

- Willingness to learn about seniors' physical fitness levels.
- Maintain client confidentiality at all times.
- Interact and socialize with the clients.
- Assist in physical set-up and clean-up of the room and keeping program area tidy.

Time Commitment:

- To establish regular days and times for visiting the sites where programs are held.
- Flexible.
- Volunteers should consider a four month commitment.

Organizational Responsibilities:

- Participate positively and contributes to the positive image of SPRINT Senior Care in the community.
- Adheres to and participates in all SPRINT Senior Care system requirements.

Success Measures:

- Positive feedback from staff.
- Clients please with service.
- Satisfaction from the volunteer.

Benefits and Challenges:

- Helping seniors in the community.
- Developing new friendships.

Qualifications:

- Must be 16 years of age or older.
- Ability to exercise sound judgement, flexibility and to work as a part of a team.
- Excellent communication, organizational and interpersonal skills.
- Experience in a group setting and in working with cognitively impaired seniors.
- Ability to focus on the needs of an elderly person or individual with disabilities.
- Ability to be patient, understanding and compassionate.
- Satisfactory Police Records check.

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