

Position Description – Lifestyle Team Member

Core Detail

Title	Lifestyle Team Member
Objective	To provide effective facilitation of the aged care residence lifestyle program to meet care recipients' individual needs.
Role	Assist and support the Lifestyle Coordinator in the implementation and execution of the aged care residence lifestyle program.

Position Parameters

Employment	Full time, permanent part-time, casual
Reporting to	Lifestyle Coordinator
Location	TriCare Aged Care Residence

Detailed Description of the Position

Main Duties	<ul style="list-style-type: none"> • Provide support and orientation to new care recipients on admission. • Assist in the completion of lifestyle profiles and assessments in line with the individual care recipients' interests and preferences. • Assist in the implementation of a customised leisure and lifestyle program for all care recipients. Programs must be designed and carried out according to care recipient-assessed needs. • Assist in the development of a monthly activities calendar for the aged care residence in consultation with the Lifestyle Coordinator, Clinical Manager and/or Facility Manager. • Maintain documentation in accordance with TriCare Care System policies and procedures, legislation and accreditation requirements. • In consultation with the Lifestyle Coordinator, develop and distribute the monthly newsletter for the residence. • Participate in monthly resident and relatives meetings, in conjunction with the Lifestyle Coordinator and Facility Manager. • Assist the Lifestyle Coordinator and Facility Manager/Clinical Manager with the volunteer program for the residence.
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	<ul style="list-style-type: none"> • In consultation with the Lifestyle Coordinator, ensure sufficient resources are available for the care recipients' leisure and lifestyle interests, not exceeding the monthly budget. • Use principles and processes of continuous improvement to strengthen the program as indicated via resident surveys and evaluation of individual and group lifestyle programs. • Participate and complete other duties as directed by the Lifestyle Coordinator and Facility Manager.
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Team Work	<ul style="list-style-type: none"> • Work effectively as an individual and as a team member to contribute to the achievement of care recipients' lifestyle outcomes. • Identify and report hazards in the workplace. • Provide support and assistance to maintain quality of life for care recipients, including involvement in the Lifestyle Committee. • Provide support and assistance to personal care employees in relation to care recipients' personal care activities as required from time to time. • Participate in in-service training sessions and complete essential training each year.
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Skills and Knowledge

- Possession of skills in crafts, music, gardening or alternative therapies.
- Able to assist in developing programs, including exercise activities, with the aim being to gain maximum participation.
- Know how to source activities requiring the use of technology, for example, use of tablets for residents to play electronic games, puzzles or card games.

Personal/Other Attributes

- Good verbal and written communication skills.
- Affable and empathetic nature.
- Positive, with ability to motivate.

Experience

- Certificate IV in Leisure and Health
- Experience in high quality lifestyle activities, including working with care recipients affected by dementia and those with challenging behaviours.
- Certificate III in Individual Support (advantageous)

Work Health and Safety

The incumbent has the responsibility to comply with and meet all obligations contained in:

- a) Work Health and Safety (WHS) legislation;
- b) Related WHS responsibilities; and
- c) TriCare's Risk Management (RM) standards.

Performance Measures

Annual Quality Performance Improvement Review.