



## Physical Activity

### **Purpose**

- To provide the opportunity to increase the level of physical exercise and enhance physical mobility of clients.

### **Tasks/Responsibilities**

- Administer and develop exercises programs for clients.
- Co-facilitate group activities.
- To review and revise current exercise programs for easy delivery by other volunteers (general range of motion exercise)
- Regular maintenance of the equipment in the exercise room; make recommendations for further purchases of exercise equipment that may benefit our clients.
- Involvement in the Minds In Motion® program and Urban Poling®.
- Encourage a supportive environment.
- Maintain confidentiality.
- Other duties as assigned.

### **Qualifications**

- Minimum 18 years of age.
- Physical Fitness Management, Gerontology or Health Promotion
- Possess a special interest or knowledge of dementia.
- Patience, excellent communication skills, good listener, non-judgmental.
- Organized, reliable, and trustworthy.

### **Time Commitment**

- At least a 6-month commitment, for a minimum of 3 hours a week.
- Daily hours donated must be recorded and made available to the Volunteer Coordinator, for statistical purposes, at the end of each month.

### **Orientation/Training**

- A general volunteer orientation to the organization's policies, values and goals, including Health & Safety training.
- Specific training on the tasks and responsibilities included in this role.

### **Screening**

- Application, resume, interview and 2 references required.
- Applicants will be required to complete a police record check and the 2 Step TB test.

**Evaluation**

- Volunteers can expect an assessment by their supervisor or the Volunteer Coordinator after 3 months of commencing, yearly and upon completion.

**Supervision**

- The volunteer will be supervised by the Activity Coordinator.
- The volunteer will be supported by the Volunteer Coordinator, who will be available to help with any concerns or questions about the volunteer process and expectations.

**Benefits**

- Experience will be of benefit when applying for future professional or volunteer positions.
- Invitation to attend the annual Volunteer Appreciation Event.
- A letter confirming volunteer role & hours upon completion of commitment if requested.