

## JOB DESCRIPTION

### MAIN PURPOSE:

To provide a key role as a specialist Falls Prevention Health Trainer within Cambridgeshire and Peterborough Lifestyle service to contribute to a reduction in falls and fall-related injuries within Cambridgeshire and Peterborough. This post will:

- ✦ In line with NICE guidance and the local community level falls prevention pathway, be responsible and accountable for the delivery of high quality, evidence-based multifactorial falls risk assessments and interventions for adults 65+ at risk of falling or who report a fall
- ✦ Deliver group based strength and balance classes (Falls Management Exercise (FaME)) to contribute to a reduction in falls and falls-related injuries
- ✦ To play an active preventative role across Cambridgeshire and Peterborough by spreading the message of the importance of strength and balance exercises and other evidence-based falls prevention activities.

### SUMMARY OF RESPONSIBILITIES AND DUTIES:

- ✦ Conduct multifactorial falls risk assessments with older adults who have fallen in the last year.
- ✦ Deliver progressive and challenging FaME postural stability strength and balance exercise classes, including built-in assessments of 'homework' diaries.
- ✦ To complete baseline and completion assessments at exit, alongside providing maintenance advice and signposting to physical activities in the community
- ✦ Signpost and encourage clients to attend community strength and balance classes to supplement the home exercise programme and to motivate and support compliance with the recommended strength and balance exercises
- ✦ Facilitate and empower patients to positively change behaviour by utilising SMART goal settings, behaviour change techniques, and helping patients to address personal barriers to change
- ✦ Utilise a range of communication methods including digital technologies, face to face, telephone, email and texting to ensure client led support is proportionate to individual and varying need
- ✦ To provide 6 month post-intervention follow-up telephone calls to participants to prompt 6 month fall history
- ✦ Support the service to achieve contractual performance indicators, including individual, team and contract targets.
- ✦ Be an ambassador within the multidisciplinary team in raising aware of falls prevention and the importance in providing targeted work to older communities.
- ✦ Deliver presentations to older people in local communities to: raise awareness of falls prevention measures to reduce their risk and mitigate negative outcomes of falling; to identify individuals at risk of falls/ reporting a fall: and to take referrals for support from the Falls Prevention Health Trainer Service.
- ✦ Be compliant with all relevant policies, procedures and guidelines, including the appropriate code(s) of conduct associated with this post; maintain awareness of safeguarding issues,

report and acting on concerns in accordance with Everyone Health and Local Authority policies and procedures.

- ✦ Take responsibility for own CPD and participate in Everyone Health's induction, training and continual professional development as required; recognise and work within own competence and professional code of conduct.
- ✦ Attend regular group supervision sessions with other Falls Prevention Health Trainers run by the Cambridgeshire and Peterborough NHS Foundation Trust Falls Prevention Clinical Lead.
- ✦ Prioritise, organise and manage own workload in a manner that maintains and promotes high quality.
- ✦ Deliver outstanding patient care, demonstrating empathy, understanding, attention to detail, and a commitment to delivering a quality service.
- ✦ Ensure that commitment to equality and diversity is reflected at all stages of project planning, delivery and evaluation, in line with agreed service standards.
- ✦ Be an ambassador for Everyone Health, promoting Cambridgeshire and Peterborough Lifestyle Service, and falls prevention services to members of the public and other stakeholders/ partners, where appropriate.

## PERSON SPECIFICATION

### 1. SKILLS & ABILITIES

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- ✦ Be able to plan own time and activities around the varying needs of individuals in the community
- ✦ Respond effectively to referrals in line with agreed service protocols.
- ✦ Strong communication skills – written, verbal and non-verbal, and listening skills.
- ✦ Keep accurate records of activity to provide data and monitoring information.
- ✦ Ability to document information in clear accurate English.
- ✦ Good numeracy and literacy skills.
- ✦ Emotionally sensitive and empathetic to members of the public who wish to improve their health.
- ✦ Strong relationship building skills with a range of people, from different backgrounds and situations.
- ✦ Computer literate – ability to maintain and monitor information systems in line with the national minimum dataset and adapt to reflect local needs.
- ✦ Flexible and adaptable approach to working.
- ✦ Strong organisational and planning skills, with the ability to prioritise, often managing competing priorities and deadlines.
- ✦ Flexible attitude to working environment and specific community needs, ability to think innovatively to engage specific community groups effectively.
- ✦ Strong team player, whilst also confidentially working independently when reaching out to communities.

## 2. KNOWLEDGE

- ✦ Knowledge of behaviour change and theoretical principles that support people when embarking on a behaviour change, including the use of Motivational Interviewing
- ✦ Awareness of NICE clinical guidance relating to falls in older people
- ✦ Awareness of the benefits of undertaking strength and balance training to prevent falls
- ✦ Awareness of Age UK guidance for professionals in regards to communicating falls prevention messages to older people to address the stigma associated with falling and to effectively engage older people in falls prevention services and interventions
- ✦ Knowledge and understanding of the Patient Confidentiality Act and the Data Protection Act.

## 3. EXPERIENCE

- ✦ Providing 1:1 and/or group support to individuals, evidencing a sustained positive change in knowledge and behaviour, resulting in positive healthy lifestyle behaviours.
- ✦ Building strong links and relationships with a range of groups, organisations and agencies.
- ✦ Raising public awareness and provision of consistent healthy lifestyle messaging, on issues relevant to the health of the community.
- ✦ Experience of working with targeted communities, in particular older people
- ✦ Managing own workload, to ensure tasks are completed on time and to a high standard.
- ✦ Using software systems to document, collate and evidence work.

## 4. QUALIFICATIONS

**Desirable:** Recognised Health Trainer qualifications e.g. City & Guilds Level 3 Certificate for Health Trainers, or equivalent, or Royal Society of Public Health Level 2 Understanding Health Improvement or equivalent. If this is not held, the post holder will be supported in achieving Everyone Health's accredited behaviour change training during their first year in post.  
Member of CIMSPA at Practitioner level

Desirable but not essential as full training will be provided:

- Postural Stability Instructor (PSI) training course (Later Life Training)
- Recognised endorsed Chair based exercise or Falls prevention Activity Leaders Qualification: e.g Later Life or OTAGO.
- YMCA awards Chair Based Exercise qualification
- YMCA endorsed Strength and Balance qualification (delivered by Cambridgeshire and Peterborough NHS Foundation Trust Falls Prevention Service)
- Falls prevention awareness (delivered by Cambridgeshire and Peterborough NHS Foundation Trust Falls Prevention Service).

## 5. SPECIAL CONDITIONS

- ✦ Highly motivated self-starter with resilience, determination and the ability to see jobs through to completion.
- ✦ Role incorporates evening / weekend working, with variable levels of travel across Cambridgeshire and Peterborough
- ✦ Full UK Driving licence and access to a car for work- with 'business purposes' insurance.
- ✦ Evidence of a personal commitment to continuing professional development and to maintaining an up-to-date professional knowledge supporting the development of business within the company.
- ✦ This post involves working with vulnerable adults and as such the post holder will be required to apply for a disclosure of criminal records at an enhanced level (DBS).

## 6. SAFEGUARDING

Everyone Health Ltd is committed to safeguarding and promoting the welfare of the adults, young people and children who use the services. All staff have a responsibility to report any identified concerns of abuse or exploitation through the appropriate route in line with the respective policies and procedures.