

Position Description

Private and Confidential

Exercise Physiologist

The Organisation

LiveBetter Community Services is an organisation formed through an amalgamation of several like-minded, regionally based community service organisations that recognised the need for specialist service provision for the people of regional Australia.

Delivering a range of disability, aged, carer, child & family, mental health and clinical services, LiveBetter takes a holistic approach to working with customers, seeking to meet their needs and preferences. We also assist community members with information, linking and referrals.

The major organisations that merged to form LiveBetter are CareWest [Central West, Orana, Far West, Northern and Riverina Murray regions of NSW], Excelcare [Central Queensland], Age Concern [Albury NSW], Family Link [Wagga Wagga NSW], There4U [Central Queensland], Home and Community Care services [Broken Hill] and Translinc [Central West NSW]. Several other organisations had previously amalgamated with CareWest over the past ten years.

LiveBetter and its antecedent organisations have undergone a period of significant growth, with continuing growth in staff numbers, service capacity and diversity and in geographic spread. To support this growth, LiveBetter invests heavily in corporate infrastructure and management systems as well as staff training and development.

LiveBetter's annual revenue is in excess of \$100 million. 80% of revenue comes directly from Commonwealth and State Government funding, with service user contributions and revenue from commercial activities making up the balance.

LiveBetter has around 1,700 staff and 300 volunteers operating homes, day centres, respite cottages, offices and community hubs across Central Queensland and regional NSW.

LiveBetter is positioned as one of the largest regionally-based providers of community services in eastern Australia. LiveBetter remains focused on ensuring programs and services are provided by local staff, and tailored to the individual needs of local people and communities.

Our Purpose: Enabling the people in regional rural and remote Australia to live their best lives.

Our Values

LiveBetter's Values guide the way we conduct ourselves. This includes how we interact with our clients, community and business partners and how we treat each other. LiveBetter's Values are:

- **Integrity:** We live out our values, are honest and ethical in all our dealings and are accountable for our actions.
- **Respect:** We value the individual. We recognise the rights and choices of the client, employees and the community. We encourage teamwork and support diversity within the team.
- **Cooperation:** We strive to identify and create value from partnerships and alliances with other organisations, agencies, businesses, communities and within our own organisation.
- **Empowerment:** We believe that individuals and communities should be encouraged and supported to realise their full potential.
- **Excellence:** We strive for excellence and best practice in all that we do as individuals, teams and as an organisation.

The Position

Position title:	Exercise Physiologist
Location:	Emerald
Job Type:	Fixed term full time (30/06/2021)
Reports to:	Coordinator, Clinical Services
Direct reports:	Nil

Service Description

The Clinical Services team provides mental health and allied health services across Central Queensland. There are offices located in Biloela, Emerald and Rockhampton. Outreach services are provided to surrounding communities and this position is primarily based in Emerald. The Exercise Physiologist performs a vital role in the delivery of services to our clients in a professional and caring manner.

Key Position Responsibilities

The primary objective of this position is to provide expert general physical activity advice and clinical exercise prescriptions relevant to the prevention, treatment and management of disease processes and chronic health conditions.

Core responsibilities for this position include:

- Provide advice on general physical activity and clinical exercise prescription to clients living with, or at risk of developing chronic health conditions
- Develop and deliver community education and awareness-raising activities that highlight the role of nutrition and physical activity in good health and wellbeing and the prevention of lifestyle diseases such as diabetes mellitus, cardiac and pulmonary conditions and renal failure
- Maintain accurate and timely clinical records and data collection systems according to organisational policies, processes and practices
- Provide professional input to quality management systems and processes
- Engage with consumer and stakeholder groups to identify actions and solutions for health and health-related priorities within the communities of interest
- Contribute to inter-disciplinary team processes and decisions that promote innovative thinking and outcome-focused service models

Risk

All staff must be aware of operational and business risks. They should:

- Provide input into various risk management activities assist in identifying risks and controls
- Report all emerging risks, issues and incidents to their manager or appropriate officer

Person Specification

Essential

- Approved tertiary qualification in Exercise Physiology.
- Eligibility for membership with and accreditation by Exercise & Sports Science Australia as an Exercise Physiologist (AEP).
- Proficiency in clinical knowledge and practice across all areas of exercise physiology.
- Well-developed communication and interpersonal skills, with the ability to consult, advise and provide assistance to professional peers and key community persons on health issues and initiatives.
- Commitment to inter-disciplinary team processes, support and development.
- Current Australian Driver's licence.

Desirable

- Experienced in the delivery of cardiac rehabilitation programs

Other requirements

1. Pass a National Criminal History Check and a pre-employment medical assessment (including drug and alcohol screening). Obtain a QLD Blue & Yellow Card clearance.
2. Advise LiveBetter in writing of any conditions which may impact ability to carry out the responsibilities required of the role.
3. Ability to be flexible with work hours to meet reasonable demands of the position.

Remuneration

An appropriate remuneration package in line with the skills and experience of the successful candidate will be negotiated. Salary packaging opportunities are available.

I hereby acknowledge that I have received my Position Description and understand what my duties and responsibilities are:

Employee Name:		Date:	
Signature:			

