



Camarillo Health Care District helps individuals manage ongoing health challenges, live better with chronic illness, and improve overall quality of life. Serving the area since 1969, Camarillo Health Care District is recognized as an innovative, award-winning model district throughout the State of California and the nation.

**Fall Prevention Specialist:** This position is responsible for executing the District's current and emerging evidence-based fall prevention programs. This position includes actively working in programs designed to encourage healthy lifestyles, exercise, and environments which contribute to reduction in falls. The Fall Prevention Specialist will schedule participants on the fall prevention calendars and facilitate these programs, following procedure and ensuring appropriate participation.

- Works with participants in various exercise programs, as well as facilitates fall prevention classes. Responsible for analyzing and reviewing data.

#### **Example of Job Duties**

- Work with other team members to deliver the necessary evidence-based fall prevention programs to meet and/or exceed budget requirements.
- Facilitate evidence-based fall prevention programs
- Facilitate the BALANCEfit, POWERfit, and SMARTfit programs, including administering assessments at the beginning and end of the program, running reports at completion, and ensuring calendars are in place for appointments and communicating any changes to appropriate staff.
- Complete training in all Fall Prevention and related programs in order to accurately communicate benefits to participants.
- Ensure procedures and safety protocols are followed, and appointment calendars are kept up to date.
- Responsible for care exercise equipment, communicating with supervisor on any equipment issues, suggested program changes and information sharing to resolve challenges.
- Ensure documentation for all exercise programs and classes is completed correctly and timely.
- Demonstrate person-centered focus during fall prevention and exercise interventions.
- Coach clients toward self-management and achievement of their individual goals.
- Identify and appropriately refer clients to other/multiple programs within the District.

### **To Apply**

<https://www.camhealth.com/join-our-team>

Camarillo Health Care District  
Human Resources Department  
3639 E. Las Posas Rd, Ste 117  
Camarillo, CA 93010  
805-388-1952 ext. 125

*NOTE: The provisions of this bulletin do not constitute an expressed or implied contract. Any provision contained in this bulletin may be modified or revoked without notice.*

*The eligible list established from this recruitment may be used to fill current and future positions.*

- Identify and refer caregivers in need of support services to the District's Caregiver Center.
- Identify and appropriately refer clients in need of outside support services to other providers/community resources, in collaboration with supervisor.
- Become culturally competent and aware.
- Develop, build, and maintain effective working relationships with other District staff.
- Actively participate in team meetings, as well as other committees as requested, for ongoing program development and improvements.
- Participate in ongoing development including required training.
- Assist other programs or departments when indicated with a positive attitude of teamwork.
- Perform other duties as assigned.

## The Ideal Candidate

The person selected for this must possess these qualities:

- Immense compassion for elderly; an understanding of people with cognitive and hearing deficits
- Ability to prioritize multiple tasks and collaborative with a willingness to think creatively
- Highly motivated to work independently with a strong work ethic while consistently demonstrating appropriate discretion and judgment.
- Establish rapport and effective working relationships with coworkers and management; be organized; maintain confidentiality;
- Proficient in Microsoft office suite programs, data entry, typing at 30 WPM minimum, and general office equipment usage and etiquette.
- Excellent written and verbal communication and telephone skills required. Bilingual Spanish a plus.

## Minimum Qualifications

- **Education:** Associate or Bachelor's degree in sociology, health sciences, physical therapy or another related field required. Knowledge in fall prevention/exercise and other evidence-based health programs a plus.
- **Experience:** Experience in working with older adults and/or disabled is preferred. Understanding of fall prevention and exercise health programs preferred. Ability to empathize, encourage/coach, and maintain client confidentiality. Excellent communication skills, ability to build personal rapport, and keen understanding of "person-centered" care and goals. Experience in activating individuals toward personal goals is preferred. Proficient in Microsoft Suites, and/or other appropriate software.  
ON THE JOB TRAINING PROVIDED

Must be *proficient* in Microsoft Word, Outlook, Excel, and PowerPoint; must be able to quickly grasp and utilize other software as needed; Excellent teamwork and attitude necessary to create positive experience for clients and community partners.

- **Physical Conditions:** sitting for prolonged periods; lifting and carrying not more than 30 lbs.; operating assigned equipment. Ability to stand at least three (3) hours per day; able to sit at least three (3) hours per day; climb stairs and physically able to travel.

- **Mental Conditions:** ability to work under pressure; ability to communicate tactfully and effectively verbally and in writing; ability to work independently; sensitivity to persons with special needs; ability to adjust and be flexible to changing working conditions and job structure which may alter the direction of daily schedule; and must be extremely organized.
- **Other Requirements:** Criminal records clearance.

## Compensation & Benefits

**Hiring Range: \$21.00 per hour. Full Time and Part Time positions available.**

**Work schedule : Full Time 8a-5p Monday through Friday.**

**Part Time-flexible schedule TBD**

## Attractive benefits package

- California Public Employees' Retirement System (CalPERS); CalPERS 457 Deferred Compensation plan
- Medical insurance plans offered through the CalPERS Health Program.
- Annual Accrual Rates: Leave accrual rates vary bi-weekly, based on years of service and weekly hours worked
- Holidays: The District observes 11 holidays per year.