

JOB DESCRIPTION

FALLS PREVENTION HEALTH TRAINER

MAIN PURPOSE

To provide a key role as a specialist Falls Prevention Health Trainer within Cambridgeshire's Countywide Lifestyles services to contribute to a reduction in falls and fall-related injuries within Cambridgeshire. 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 50+ at risk of falling or who report a fall
- Provide 1-2-1 motivational advice to individuals over a period of 26 weeks to enable them to make informed decisions about recommended multifactorial interventions that will reduce their individual risk of falling and support their compliance with the intervention
- Set up, monitor and support individuals to achieve a progressive strength and balance exercise programme over 26 weeks.

SUMMARY OF RESPONSIBILITIES AND DUTIES

- Accept and take responsibility for self-referrals or referrals of older people who have been identified as at risk of falling or who have fallen
- Conduct multifactorial falls risk assessments with individuals who manage their activities of daily living
- Develop tailored personal health plans in partnership with the individual to address falls risk factors identified by the multifactorial assessment, incorporating recognised evidence based falls prevention interventions and signposting and/or referring to other services as necessary
- Assess and set up home strength and balance exercise programmes for individuals, as appropriate, selecting exercises from a defined exercise programme and provide ongoing support to enable the individual to achieve and maintain 3 times per week of progressive strength and balance training
- 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
- Review and accurately record the progress of each individuals in achieving their personal health plan at 3 and 6 months and to monitor progress in complying with their home strength and balance exercise programme at defined intervals.
- 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 Countywide Lifestyle Service, and falls prevention services to members of the public and other stakeholders/ partners, where appropriate.

PERSON SPECIFICATION

1. SKILLS & ABILITIES

- 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 161 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 current GPDR regulations, the Patient Confidentiality Act and Data Protection Acts.

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 but not essential as full training will be given:

- Recognised Health Trainer qualifications e.g. Royal Institute of Public Health Level 2 Understanding Health Improvement or City & Guilds Level 3 Certificate for Health Trainers.
- 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

- Role incorporates evening / weekend working, working in a variety of community settings.
- Full UK Driving licence with access to a car with 'business purposes' insurance for work across Cambridgeshire.
- This post involves working with vulnerable adults and as such the post holder will be required to complete a disclosure of criminal records at an enhanced level (DBS).