

Chronic Disease Management Volunteers

(519) 997-2823 ext. 341

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

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Healthcare for You
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CHRONIC DISEASE MANAGEMENT PROGRAM (CDMP)

The CDMP focuses on providing therapeutic exercise to individuals managing a chronic disease(s) with functional impairments. Volunteers will have the opportunity to help clients improve their functional abilities through in person/online exercise classes. Volunteers can gain experience in an exercise rehabilitation, physiotherapy, and occupational therapy setting.

Current Opportunities

PROGRAM NAME	DAYS OF PROGRAMMING	LOCATION	AVAILABLE TIMES
THERAPEUTIC CIRCUIT (IN PERSON)	MONDAYS WEDNESDAYS	SANDWICH COMMUNITY CENTRE (3325 COLLEGE AVE, WINDSOR ON)	9:45-10:45 11:15-12:15 1:15-2:15 2:45-3:45
THERAPEUTIC EXERCISE PROGRAM & RESPIRATORY WELLNESS (R.W.) (ONLINE)	TUESDAYS THURSDAYS	ONLINE VIA ZOOM	10:00-11:00 10:00-11:00 (R.W) 11:15-12:15 1:15-2:15
UPPER BODY EXERCISE PROGRAM (IN PERSON AND ONLINE OPTIONS)	TUESDAY'S (IN PERSON) THURSDAY'S (ONLINE)	SANDWICH COMMUNITY CENTRE(3325 COLLEGE AVE, WINDSOR ON) ONLINE VIA ZOOM	9:30-10:30 11:00-12:00

For more information about our current opportunities and qualifications, please see next page

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Responsibilities:

- Greet, interact with, and encourage clients.
- Ensure clients are exercising safely and communicate any concerns to staff.
- Consult with staff regarding any modifications or progressions to the exercise.
- Assist staff and clients in the following exercise classes:

Therapeutic Circuit: Volunteers will be responsible for up to two clients. They will assist the clients with seated exercises, some standing exercises, as well as helping the clients get from station to station. Volunteers will also support clients to set-up for their exercise and make entries in their logbooks. Volunteers will actively clean any equipment utilized by clients including chairs and other high touch surfaces.

Therapeutic Online/Respiratory Wellness: Volunteers will be responsible for observing clients in the virtual class, various hosting duties and assisting staff in exercise tracking.

Upper Body Exercise: Volunteers will assist clients with seated arm and hand exercises, provide standby assistance during standing and weight-bearing exercises, set-up and support clients with their table-top activities, clean equipment after use, as well as make entries in their logbooks.

Qualifications:

- Volunteers enrolled in the following programs are preferred:
- Nursing, Human Kinetics, Social Work, Science, Psychology, Paramedic, Occupational Therapy, Physiotherapy, Personal Support Worker, Social Service Worker Gerontology,
- Practical Nursing & Pre-Health Sciences, Fitness & Health Promotion, Dietetics/Nutrition
- Willingness to assist clients with physical and/or cognitive challenges to remain active.
- Excellent communication skills.
- Motivated, reliable, patient, and respectful.
- Able to follow direction and enjoy teamwork.
- Experience working with seniors is an asset.

Requirements:

- Submit required documents to HR: Vulnerable Sector Check, 2 step TB skin test, proof of COVID-19 Vaccine
- Complete and submit required orientation documents (policy reading, job description, confidentiality agreement, etc.)
- Submit hours into volunteer software program (Charity Republic)

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