



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:** Executes the District's evidence-based fall prevention programs, including current and emerging initiatives. Works directly with participants to promote healthy lifestyles, safe environments, and exercise that reduce fall risk. Schedules participants on fall prevention calendars and facilitates program sessions in accordance with established procedures.

#### **Examples of Job Duties**

Duties include, but are not limited to:

#### **Program Delivery & Scheduling**

- Facilitate evidence-based fall prevention classes and exercise programs.
- Schedule participants and maintain accurate program calendars; communicate appointment changes to appropriate staff.
- Complete required training in fall prevention and related programs to accurately communicate program benefits to participants.
- Work with team members to deliver programs that meet service goals and budget requirements.

#### **Assessments, Data & Documentation**

- Administer program assessments at the beginning and end of BALANCEfit, POWERfit, and SMARTfit.
- Run completion reports and analyze/review program data.
- Ensure documentation for all exercise programs and classes is accurate and completed on time.

#### **Safety & Equipment**

- Follow procedures and safety protocols during all interventions.
- Care for exercise equipment and report equipment issues, suggested program changes, and other concerns to the supervisor.

#### **Client Support & Referrals**

- Use a person-centered approach during fall prevention and exercise interventions.
- Coach clients in self-management and progress toward individual goals.
- Refer clients to other District programs as appropriate.
- Refer caregivers to the District's Caregiver Center and connect clients to community resources in collaboration with the supervisor.

### **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.*

## Collaboration & Professional Development

- Develop and maintain effective working relationships with District staff; demonstrate cultural awareness and competence.
- Participate in team meetings and committees as requested to support program development and improvement.
- Complete ongoing professional development and required training.
- Assist other programs or departments as needed and perform other duties as assigned.

## Ideal Candidate

Successful candidates will have:

- Compassion for older adults and understanding of cognitive and hearing impairments
- Ability to prioritize tasks, collaborate, and think creatively
- Self-motivated, able to work independently, and exercises sound judgment and discretion
- Builds strong working relationships; stays organized; maintains confidentiality
- Proficient in Microsoft Office, data entry, and office equipment; types at least 30 WPM
- Strong written, verbal, and phone communication skills; 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 working with older adults and/or people with disabilities preferred. Knowledge of fall prevention and exercise-based health programs preferred. Must be able to empathize, encourage/coach, and maintain client confidentiality. Strong communication skills, the ability to build rapport, and a solid understanding of person-centered care and goal setting required. Experience motivating individuals to achieve personal goals preferred. Proficiency with Microsoft Office and other relevant software required. ON-THE-JOB TRAINING PROVIDED.

Must be proficient in Microsoft Word, Outlook, Excel, and PowerPoint, and able to quickly learn and use other software as needed. Excellent teamwork and a positive attitude are required to create a positive experience for clients and community partners.

- **Physical Conditions:** Ability to sit for prolonged periods; stand at least three (3) hours per day; and sit at least three (3) hours per day. Must be able to lift and carry up to 30 lbs., operate assigned equipment, climb stairs, and travel as needed.
- **Mental Conditions:** Ability to work under pressure; communicate tactfully and effectively, verbally and in writing; work independently; and demonstrate sensitivity to people with special needs. Must be adaptable and flexible with changing work conditions and job duties that may alter the daily schedule, and be highly organized.
- **Other Requirements:** Criminal records clearance.

## Compensation & Benefits

**Hiring Rate: \$21.00 per hour. Full Time.**

Position Pay Range: \$16.50-\$28.49 per hour

Work schedule : Full Time 8:00 am-5:00 pm Monday through Friday.

### 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.