

TASK OVERVIEW
LIFESTYLE ASSISTANT (Community)

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
SITTING		✓	
Comments	Driving buses and cars. Running seated exercise groups. Assisting with table based activities, 1:1 communication with clients, sitting on bus, hand care, therapy. Office/ computer based tasks, written documentation.		
STANDING		✓	
Comments	Supervision of activities, indoor bowls, photocopying, talking to clients and family members, groups of clients, other staff. Food preparation/cooking at day programs, exercise groups.		
WALKING		✓	
Comments	To and from various areas of the site, meeting visitors, meetings with staff, collecting and returning clients from home for activities, assessments/ activities with clients in their rooms, transporting clients to functions and activities, assisting clients with walking, walking clients in outside areas such as parks, and within the site. During outings, pick ups/drop offs.		
STOOPING	✓		
Comments	Should be avoided at all times by bending at hips and knees but may occur when reaching into awkward places. E.g. strapping clients into seat belts, strapping wheelchairs into floor supports of bus. Toileting in confined spaces. Exercise groups.		
CROUCHING		✓	
Comments	Resident transfers to/from seated position in chairs/wheelchairs. Assisting clients on and off the bus, assisting clients to secure bus seat belts, accessing equipment from low based shelves. Exercise groups (putting weights on legs), accessing equipment for activities.		
KNEELING	✓		
Comments	Accessing equipment from deep cupboards, or low shelves, files/equipment from low based shelves or drawers. Exercise groups.		
CLIMBING	✓		
Comments	Onto and off bus, up and down steps; and stairs between floors as applicable.		
BALANCING	✓		
	As above, assisting clients in wheelchairs on and off the lifter on the bus, assisting clients up a ramp on a bus and assisting ambulant clients. Running exercise groups.		

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
FORWARD REACH			✓
Comments	Resident transfers, manoeuvring wheelchairs, cooking, accessing supplies, assisting clients with table based activities, securing clients in bus seats, nail care for clients, reading to clients, retrieving equipment for activities. Driving buses, exercise groups, getting items out of fridges on the buses, chairs out of back of buses.		
OVERHEAD REACH	✓		
Comments	Accessing stored items for overhead cupboards: light supplies, books, CDs and games equipment. Assisting clients on and off the bus. Closing back door of buses.		
USE OF HANDS & FINGERS			✓
Comments	All tasks require constant bilateral handling, fine pincer fingering with the dominant hand for written work. All activities. Use gross hand movement..		
BENCH HEIGHT LIFT		✓	
Comments	<p>Bench Height:</p> <ul style="list-style-type: none"> • Two person lifting/turning of tables – to fold and stack • Accessing equipment in deep based cupboards. Max weight 5kg. • Bowls mat • Chairs out of back of bus <p>Floor to bench:</p> <ul style="list-style-type: none"> • Lifting chairs onto chair trolley <p>Bench to shoulder:</p> <ul style="list-style-type: none"> • Light documents to/from overhead shelves • Cooking utensils, weight to 2 kg. 		
PUSH		✓	
Comments	Clients in wheelchairs -, rolling resistance up to 15kg; increasing with sloping or uneven surfaces. Transporting clients within and around the complex, in their wheelchairs, sliding tables and/or furniture along the floor to relocate them for activities. Moving whiteboards.		
PULL		✓	
Comments	Clients in wheelchairs can be up to 12 kg rolling resistance within the complex and up to 15-16kg rolling resistance over outside surfaces that are uneven or sloping. Light trolleys with rolling resistance of less than 5kg. Pushing food trolley.		
CARRYING	✓		
Comments	Supplies, material required for activities – generally up to 10kg. Urn for tea or coffee, documentation, folders, book and paperwork. Shopping, esky for food, games, work bag.		

Psychosocial Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
DEALING WITH DIFFICULT CUSTOMERS	✓		
<i>Comments</i>	Care workers may work with clients, families and/or situations which are emotionally demanding.		
WORK WITH CLIENTS WITH DEMENTIA OR A PSYCHOLOGICAL ILLNESS	✓		
<i>Comments</i>	Clients with dementia or a psychological illness may be physically and/or verbally aggressive towards staff.		
OPERATING IN A FAST PACED WORK ENVIRONMENT		✓	
<i>Comments</i>	Workers will often be required to manage a workload with set time constraints.		
DEALING WITH DEATH AND DYING	✓		
<i>Comments</i>	Death is a natural outcome of ageing. This means that workers in an aged care environment will at times be supporting clients and their families at end of life.		