

TASK OVERVIEW
DIVERSIONAL THERAPIST (Residential)

Physical Demands Factors	Occasional 1-33% of day	Frequent 34-66% of day	Constant 67-100% of day
SITTING		✓	
Comments	Assisting with table based activities, documentation, 1:1 communication with residents, sitting on bus, hand care, therapy.		
STANDING		✓	
Comments	Supervision of activities, indoor bowls, photocopying, talking to residents and family members, groups of residents, other staff.		
WALKING		✓	
Comments	To and from various areas of the facility, collecting mail, meeting visitors, meetings with staff, collecting and returning residents from all areas of the facility for activities, assessments/activities with residents in their rooms, transporting residents to functions and activities, assisting residents with walking, waling residents outside, and within the complex.		
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 residents into seat belts, strapping wheelchairs into floor supports of bus.		
CROUCHING	✓		
Comments	Resident transfers from sit to stand. Assisting residents on and off the bus, assisting residents to secure bus seat belts, accessing equipment from low based shelves,		
KNEELING	✓		
Comments	Accessing equipment from deep cupboards, or low shelves, files/equipment from low based shelves or drawers, assisting residents feet back onto footplates.		
CLIMBING	✓		
Comments	Onto and off bus, up and down steps; and stairs between flors as applicable.		
BALANCING	✓		
	As above, assisting residents in wheelchairs on and off the lifter on the bus, assisting residents up a ramp on a bus and assisting ambulant residents.		
FORWARD REACH		✓	
Comments	All activities, resident transfers, manoeuvring wheelchairs, cooking, accessing supplies, assisting residents with table based activities, securing residents in bus seats, nail care for residents, reading to residents, retrieving equipment for activities.		
OVERHEAD REACH	✓		
Comments	Accessing stored items for overhead cupboards: light supplies, books, CDs		

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	and games equipment. Assisting residents on and off the bus.		
USE OF HANDS & FINGERS			✓
<i>Comments</i>	All tasks require constant bilateral handling, fine pincer fingering with the dominant hand for written work.		
BENCH HEIGHT LIFT	✓		
<i>Comments</i>	<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 10kg. <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 5 kg. 		
PUSH		✓	
<i>Comments</i>	Residents in wheelchairs -, rolling resistance up to 15kg; increasing with sloping or uneven surfaces. Transporting residents within and around the complex, in their wheelchairs, sliding tables and/or furniture along the floor to relocate them for activities. Moving whiteboards.		
PULL		✓	
<i>Comments</i>	Residents 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.		
CARRYING	✓		
<i>Comments</i>	Supplies, material required for activities – generally up to 10kg. Urn for tea or coffee, documentation, folders, book and paperwork.		

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>	Residential care workers may be required to work with residents (and families) who are emotionally demanding.		
WORK WITH RESIDENTS WITH DEMENTIA	The frequency of exposure will depend on the proposed area of work. Discuss with the recruiter.		
<i>Comments</i>	Due to their disease process residents with dementia may be physically and/or verbally aggressive towards staff and/or each other. Physical aggression may include biting, spitting pinching, hitting or kicking.		
FAST PACED WORK ENVIRONMENT	✓		

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<i>Comments</i>	Workers will often be required to manage conflicting priorities in a fast paced work environment.		
DEALING WITH DEATH AND DYING	✓		
<i>Comments</i>	Death is a natural outcome of ageing. This means that workers in a residential aged care facility will at times be supporting residents and their families at end of life.		