

Senior Lifestyle Support Worker

position number	P4345
status	Part Time, on-going (PT)
FTE	0.7
network	Services
agreement	Health and Allied Services, Managers and Administrative Workers (Victorian Stand-Alone Community Health Services (Multi Employer) Enterprise Agreement 2022-2026)
classification	Lifestyle Assistant Level 3
reports to	Program Facilitator

about us	cohealth is a not-for-profit community health organisation. We provide health and support services in Melbourne's CBD, northern and western suburbs, and on the East Coast of Tasmania. Our work is guided by our Strategy 2025–2035, a bold pathway toward our vision of healthy communities, healthy people.
what we do	We partner with communities to improve health and wellbeing and address health and social inequality. Our aspiration is for healthier communities where everyone – regardless of background or geography – can access quality care and experience better health and social outcomes.
our organisation	cohealth is a community health organisation with an ambitious strategic plan. We exist to improve health and wellbeing for all, specialising in support for those experiencing challenges to being healthy and well.
our people	People who work at cohealth are committed to designing and delivering high quality health care and promoting and protecting human rights.
diversity and inclusion	We want people of all ages, gender identities, sexualities, cultural backgrounds, and abilities to feel safe to bring their whole selves to cohealth. We are a Rainbow Tick Accredited organisation with over 20% of our staff from the LGBTQIA+ community. To find out more about us click here

network overview

Services Network

Our vision is for healthy communities and healthy people. We do this by providing care for individuals, community, and society, improving the health and wellbeing of the communities we serve, and addressing inequality in society.

We champion universal health care and human rights and strive for health and social equity. This is what we mean when we say care for all. Care for all is achieved when all people have access to the full range of health services they need, when and where they need them, and without financial hardship.

cohealth's services network delivers strong, people-centred primary and community health care that prioritises individuals and communities experiencing inequality. Our services focus not only on preventing and treating disease and illness, but also on helping to improve wellbeing and quality of life.

Program Overview

Senior Connections delivers CHSP-funded Social Support Groups, Centre-Based Respite, and Flexible Respite for older adults with low to high care needs, including those who are frail, have dementia or memory loss, or live with a disability. Services are offered at sites including Carlton and East Keilor, in the community, or in clients' homes.

The program offers group and individual activities in a supportive environment, using a person-centred approach to enhance health, well-being, and personal strengths. It aims to build capacity, support independent living, and promote physical, cognitive, emotional, and social well-being through tailored activities.

Carers also benefit from respite and support, helping them sustain their caring role and overall wellness.

position overview and purpose

The Senior Lifestyle Support Worker delivers high-quality, person-centred programs for older adults and people with disabilities, including those with dementia. The role oversees the design and delivery of engaging, cost-effective group and individual activities and excursions that support client goals and foster community connection. It also includes the coordination of Flexible Respite, delivered in-home or in the community. Success in this role means programs are well-attended, meaningful, and responsive to consumer needs.

key accountabilities

<p>operational leadership</p>	<ul style="list-style-type: none"> • Program planning and developing engaging, culturally relevant and age-appropriate activities • Facilitating group activities and ensuring clients are engaged in meaningful ways • Monitor, report and document individual client needs, changes in health and well-being, and progress against individual care goals • Document daily client file notes and record attendance in the client management system (TrakCare)
<p>program delivery</p>	<ul style="list-style-type: none"> • Participant transport, including driving the centre car and minibus • Supervise and physically assist participant transport, including arrivals and departures from buses, cars and taxis • Set up and storage of equipment and resources • Provide assistance with preparing and serving meals, toileting and hygiene (low med needs only) • Provide medication assistance / monitoring • Provide Flexible Respite services to carers in their preferred location
<p>client support and development</p>	<ul style="list-style-type: none"> • Support participants and carers to work towards achieving their individual goal directed care plans • Work with Team Leader to review care plans, and link participants/carers into internal/external services, as required • Present case reviews at team meetings
<p>culture and teamwork</p>	<ul style="list-style-type: none"> • Champion cohealth's culture to promote teamwork, employee development and empowerment in order to foster a culture of high performance and a workforce which demonstrates behaviours consistent with cohealth's values • Participate in team meetings and support peer learning and development
<p>quality and continuous improvement</p>	<ul style="list-style-type: none"> • Contribute to the principles of continuous improvement and ensure compliance with cohealth policies/procedures • Stay up to date with mandatory learning and professional development including changes to Aged Care legislation
<p>health & safety compliance</p>	<ul style="list-style-type: none"> • Provide and maintain a working environment that, as far as reasonably practicable, is safe and without risks to the health, safety and wellbeing of all (employees, contractors, volunteers) • Maintain awareness of and compliance with health and safety policies and procedures to maintain a safe working environment • Take corrective action to remedy safety hazards or risks and restore a safe working environment

position requirements

- Minimum Certificate 4 in Leisure and Health or equivalent
- Current Level 2 First Aid certificate, including CPR, or willingness to complete
- Working with Children's Check (WWCC)
- Nationally Coordinated Criminal History Check (NCCCHC)
- Victorian Driver's License
- Immunisation Category B to be produced for sighting upon request

key selection criteria

- Demonstrated ability to plan, implement and evaluate Social Support and Flexible Respite programs that effectively meet the needs of older people, people with disabilities, and individuals with memory impairment
- Willingness to drive a bus / van daily for participant transport
- Language skills in Vietnamese, Mandarin, Italian or other languages an asset
- Experience in developing and documenting client care plans and reviews
- Ability to work independently and as an effective team member
- Computer literacy, knowledge of outlook and Trak care an asset
- Understanding of the broader aged care sector including Aged Care Accreditation
- Strong belief and personal alignment in cohealth Values and Mission

cohealth is a child safe and equal opportunity employer that offers generous salary packaging and opportunity to undertake professional training and development opportunities. Aboriginal and Torres Strait Islander people, and those who speak languages other than English are encouraged to apply.

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