

## **LIFE COACH**

**Position Purpose:** Life Coaches are responsible for providing professional, compassionate, and quality care for Memory Care residents. They guide residents with impaired memory through daily tasks, assisting them in managing their lives. Life Coaches work side-by-side our residents and their family to establish a schedule and routine that preserves independence and promotes the highest level of functioning possible for each resident. Care is truly resident-centered and each care plan outlines the unique goals for each resident.

### **Required Qualifications**

Minimum requirements include the following:

- ❖ High school diploma or equivalent.
- ❖ Must have an understanding and awareness of the disease process of Alzheimer's and dementia.
- ❖ Must participate in extensive Alzheimer's training upon hire and monthly.
- ❖ Must provide emotional support, and genuine social engagement.
- ❖ Must be a team player, gives and welcomes feedback, contributes to building a positive team spirit and maintaining a harmonious work environment.
- ❖ Shifts will be 12 hours, you must be able to work weekends and holidays.

### **Major Duties and Responsibilities**

- ❖ Welcomes new residents and their family with true Southern hospitality, ensuring they feel safe and secure in their new home.
- ❖ Eager to take the time to get to know each resident on a personal level so that care is truly individualized.
- ❖ Must be patient, friendly and sincere. Be courteous, tactful and use good judgment in working with residents, family members, guests and other staff members
- ❖ Perform various resident care activities and related non-skilled services necessary in caring for the personal needs and comfort of residents at the Lighthouse.
- ❖ Foster resident's self- respect and self-esteem.
- ❖ Assist residents with personal hygiene as directed. Assist with daily care of residents by performing duties such as bathing, dressing in appropriate seasonal attire, grooming, shaving, combing hair, putting on shoes and other care needs to ensure care is delivered in a way that protects the dignity of each resident.
- ❖ Observe the physical and mental conditions of residents and report all changes to the Charge Nurse.
- ❖ Make beds, change linens and perform housekeeping in residents' rooms.
- ❖ Remove soiled towels and replace with clean towels daily.
- ❖ Keep common areas clean, neat, tidy and well organized.
- ❖ Make resident rounds with previous shift and 15-minute checks on residents assigned to your care throughout shift. Make rounds with on-coming shift before you leave. Check out with nurse before you leave.

- ❖ It is your responsibility to pick up your Ariel Communication Phone at the beginning of your shift and to pass it off to your replacement. If you leave with the phone you must return it immediately.
- ❖ Being comfortable helping care for small pets
- ❖ Perform other duties as assigned