



*SteppingStone Adult Day Health is San Francisco's largest provider of adult day health care. Licensed by the State Department of Public Health and certified as a Medi-Cal provider with the California Department of Aging, the organization has worked tirelessly since 1983 to help seniors and disabled adults thrive and overcome the obstacles to independent living by providing a cost-effective, stimulating, and comprehensive set of health and social services. SteppingStone also operates three supplementary programs under the umbrella of adult day health care – Enhanced Care Coordination that focuses on community living and an aging-in-place approach, the LGBTQ+ Community Services program and the Alzheimer's Day Care Resource Center.*

*The Enhanced Care Management (ECM) Project at SteppingStone is a program designed to provide comprehensive care coordination and management services to individuals with complex medical and behavioral health needs. The program is aimed at improving the health outcomes and quality of life for participants, many of whom are elderly or disabled and require multiple services and treatments. The program is funded through the California Department of Health Care Services and operates under the state's Medi-Cal managed care program. ECM has been successful in improving health outcomes and reducing hospitalizations for participants, while also providing much-needed support and resources to caregivers and families.*

## **JOB DESCRIPTION – PHYSICAL THERAPIST**

### **Job Summary:**

Under the supervision of the Program Director, the Physical Therapist assesses the functional capabilities of the Adult Day Health Care participants; provides and supervises individual treatment plans; acts as a consultant to the Program Director; and is a member of the multidisciplinary team.

### **Duties and Responsibilities:**

- Evaluate participants' physical condition and functional status. Establish goals and set up treatment plans to administer physical therapy techniques as prescribed by the referring physician.
- Develop and implement the therapy maintenance program and supervises work of Rehabilitation Aides.
- Provide physical therapy treatment; instruct and demonstrate to families and others the physical therapy and rehabilitation procedures indicated by the participant's assessment.
- Provide general instruction to principles of physical therapy to staff as needed. Will teach classes and concurrent treatment.
- Record in participant's chart services given, maintain progress notes and schedule participant for further treatment.
- Work in close cooperation with staff and participate as a member of the multidisciplinary team.
- Meet all administrative requirements such as attending meetings, record keeping, etc.
- Reevaluate the needs for physical therapy for all participants of the Adult Day Health Care center.
- Must be able to safely perform all physical and manual movements needed for job functions including but not limited to: effectively and safely lifting a 25-pound weight; transferring clients; assisting with personal care, meal service and special events; assisting participants with personal care; escorting clients home; and assisting with loading and unloading of client vans.
- Perform other duties as assigned, including training new therapists and rehab aides, and providing in-services to staff.

**Qualifications:**

The Physical Therapist must have graduated from an approved physical therapy program and be licensed by the Physical Therapy Examining committee of the California Medical Board; hold current CPR and First Aide certificates; and have two years of experience working with the elderly or chronically ill. Experience working in a multidisciplinary team is preferred.

**Working Environment:**

Must be able to safely perform all physical and manual movements needed for job functions. Must be able to carry out job instructions promptly and willingly, and to follow established procedures accurately. And, must be flexible, positive and cooperative in solving problems and working with other staff in constantly changing and sometimes stressful circumstances.

**Physical Demands:**

Physical Therapist must be able to move around the facility as well as sit at a workstation. Lifting up to 10 lbs. occurs about half the time, while up to and above 25 lbs. Occurs only occasionally.

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this job, the employee is regularly required to stand and talk or hear. The employee is frequently required to walk; use hands to finger, handle, or feel; and reach forward with hands and arms. The employee is occasionally required to sit and stoop, kneel, or crouch. The employee must frequently lift and/or move up to 25 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

SteppingStone is requiring vaccination of its employees for COVID-19 and an initial booster.

SteppingStone is dedicated to providing equal employment opportunity for all employees and applicants on the basis of merit without regard to race, color, religion, sex, age, marital status, gender identity or gender expression, sexual orientation, national origin, ancestry, physical or mental disability, AIDS/HIV status, medical condition (cancer and genetic), pregnancy, military or veteran status, or any other classification protected by applicable anti-discrimination laws.

I have read the above and understand my duties and responsibilities as a Physical Therapist.

\_\_\_\_\_  
Signature

Date:\_\_\_\_\_

\_\_\_\_\_  
Print Name