



Supportive Living, INC.
BRAIN INJURY PROGRAMS

Neuro Wellness Center
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Supportive Living, Inc. Neuro Wellness Program
Brain Injury Adaptive Exercise Internship

Intern Role: Assist with delivering a physical fitness program designed to improve the quality of life of survivors of acquired brain injury (ABI) and other neurological disorders.

Location: Lynch/van Otterloo YMCA, 46 Legs Hill Road, Marblehead, MA

Fall Program: 9/24 – 12/13/2019 | **Tuesday, Thursday and Friday** 9:00am-12:30pm

Job Description: Under the direction of the manager of the Neuro Wellness Program (NWP), an intern in the Brain Injury Adaptive Exercise Internship Program will actively participate in administering an intensive physical fitness program for survivors of ABI, which includes people living with varying degrees of disability from stroke, traumatic brain injury (TBI), anoxic brain injury and more. Hands-on responsibilities of the internship will include:

- Assisting in taking physiological and functional measurements for intake and ongoing evaluation of participants. These will include heart rate/blood pressure, 6 Minute Walk tests, Timed Up and Go tests, etc.
- Assisting with exercise program design for participants in order to provide each participant with a workout that meets his/her abilities and goals
- Providing one-on-one physical and cognitive/emotional support to program participants including transferring from wheelchairs, using gait belts to provide stability during walking and balance exercises, keeping participants focused, etc.
- Monitor participant progress throughout the program and report this progress back to the NWP manager when appropriate

Candidates should have a working knowledge of physical fitness as it pertains to improving strength and cardiovascular fitness, as well as a passion for helping those with disabilities.

Commitment: Interns will complete up to 120 hours of hands-on experience

Qualifications:

1. Undergraduate or graduate students looking to gain a basic understanding of working with individuals living with and recovering from brain injury
2. Field of study may include, but is not limited to: exercise physiology, psychology, neuroscience, kinesiology, physical therapy, occupational therapy, health studies, etc.
3. All applicants should have a working knowledge of, and passion for, health and fitness

For additional information please contact Kara Lavertu, Neuro Wellness Program Manager, at klavertu@supportivelivinginc.org.