

Job title: **Self-Employed Personal Care Assistant (FEMALE)**

Location: **BOURNEMOUTH BH8**

Job purpose:

The purpose of this role is to provide consistent, person-centred support that enables the person to maintain independence, access the community, and engage in daily activities safely and confidently. This includes assistance with social outings, appointments, household tasks, and hobbies, while offering calm, reliable support in relation to her mobility needs, medical conditions, and involuntary symptoms. The role aims to promote her wellbeing, dignity, and quality of life.

(This role may involve evening support / some weekends)

About the individual:

The person is female in her twenties who enjoys going out for coffee, cooking, and spending time with animals. She is planning to get a puppy as an additional companion. She values consistency and feels most comfortable with support from familiar, reliable faces.

Description of individual:

She is an ambulatory wheelchair user and lives with several health conditions that affect her daily functioning, including Functional Neurological Disorder (FND), Tourette's (Vocal and Motor tics), Chiari Malformation, and Psychogenic Non-Epileptic Seizures (PNES). These conditions can cause fluctuations in her mobility and overall wellbeing, so having consistent, understanding support is important to help her manage everyday activities safely and confidently.

Hourly Rate: If self-employed please provide hourly rate on application

Hours of work: 10 hours per week (can be shared amongst a team of workers)

Mixed shift patterns

Weekend availability

Evening availability

Main Duties:

- Provide consistent, person-centred support at home and in the community.
- Assist her to attend social activities, such as going out for coffee, shopping, and attending social events.
- Support her to attend medical appointments and follow any agreed care plans.
- Assist with household tasks, including meal preparation and general organisation.
- Promote her safety and wellbeing during periods of reduced mobility, FND episodes or PNES episodes.

- Offer calm, understanding support in relation to her Tourette's, recognising that some vocalisations are involuntary.
- Maintain professionalism, patience, and a non-judgemental approach at all times.
- Encourage independence while providing reassurance and practical assistance

Support required includes help to:

- Socialising / go for coffee
- Outdoor activities / dog walk
- Go shopping for groceries and daily essentials
- Assist with cooking and meal preparation
- Attend social events such as concerts or days out
- Attend medical appointments safely and reliably
- Support during Physiotherapy/Occupational Therapy / Neuropsychology Sessions meetings with medical professional

Personal Care:

- Assisting with transitioning in and out of shower
- May need help with bathing / intimate care
- Distributing medication
- Dressing

Domestic duties:

- support with grocery shopping
- cooking and serving nutritious meals and snacks
- cleaning, changing linen, laundry, ironing

(Personal Care / Domestic Duties may vary day to day)

Qualities:

- Strong values, honest, reliable, punctual, non-judgemental, ability to build good relationships based on trust and respect, flexible, adaptable, easy going, able to work alone, positive, willingness to travel, understands equality and diversity and has a good sense of humour.
- **Specific requirements:**
She requires support from individuals who understand that, due to her Tourette's, some vocalisations may be involuntary and can occasionally come across as rude or inappropriate. These episodes are outside of her control and

may be embarrassing for her, particularly in social settings. It is therefore important that her support workers are patient, resilient, and not easily unsettled or offended, maintaining a calm and always understanding approach.

This post is restricted to women only as a genuine occupational requirement under the [Equality Act 2010, Schedule 9, Part 1](#), due to the nature of the role involving intimate personal care and for reasons of privacy and decency.

Skills, qualifications and experience:

Essential:

- Good level of English
- Great humour
- Strong social skills
- Confidentiality
- Good at building relationships
- Personal care
- Strong social skills
- Research and willingness to learn about her disabilities

Preferred:

- Driving licence
- Car with suitable insurance
- good communicator
- likes dogs or other pets
- a good listener
- ability to support with some challenging behaviours
- Experience with Neurological disorders
- Experience with Non-Epileptic Seizures

ADDITIONAL INFORMATION

If you are self-employed, please provide the following paperwork required as evidence:

- Provide evidence of self-employment such as Public Liability Insurance, Terms and Conditions, HMRC tax reference number.
- DBS check will be required
- Legally able to work in UK

The BCP Direct Payments Advice Service is a support service for individuals who are living independently within the community. We are not the person you will work for. You will work for the individual or family we are supporting.

Please send your CV and covering letter detailing your suitability for the role to melissa.legg@bcpouncil.gov.uk Please include the job reference code in the heading.