## Job Description & Person Specification

Job title: **Self Employed Personal Care Assistant (Female\*)**

Location: Christchurch - BH23

# Job purpose:

To assist with a variety of tasks to support me to maintain my dignity, independence and control of my life and parental responsibilities. Support includes personal care, socializing in the community and domestic tasks around the home.

***\*(Sex Discrimination Act 7 (2) b (ii) applies)***

# About the individual: *(as written by the person you will support)*

I am a lady in my early thirties who has MS. I live with my partner and our two young children. I can struggle with my mobility and balance as well as bouts of fatigue. I am looking for someone who is pro-active, kind and good with children.

**Rate of pay:**

As this is a self-employed role , please provide your rates with your application**.**

**Hours of work:** Job share post.

12.5 hours a week **per person**. Willing to cover sickness and holidays. Hours to be worked flexibly as mutually agreed and includes one day over the weekend as part of my support plan.

# Main duties

**Social duties:** **support to/with:**

* driving son to preschool in the week (Until September 2024)
* attending medical appointments.
* attending baby groups and events.
* getting out of the home – such as swimming and shopping.

**Personal Care: for example,**

* support with bathing or showering
* shaving & teeth cleaning,
* dressing- zips and fastenings
* washing and dying hair
* administering medication
* meals and drinks

**Domestic duties: for example,**

* support with grocery shopping,
* assistance with meal prep for the evening.
* cleaning, changing linen, laundry, ironing, hoovering.
* tasks to be discussed and organized weekly via weekly task chart**.**

**These duties may vary from day-to-day**

# Qualities

* **Values**: for example, honest, reliable, punctual, non-judgemental, ability to build good relationships based on trust and respect, flexible, adaptable, easy going, uses own initiative and pro-active, positive, willingness to travel, understands equality and diversity or has a good sense of humour.
* **Specific requirements:** Someone with good experience of children and care. Someone confident and motivated to encourage and take initiative.
* **Other:** for example, due to the nature of this role including personal care the potential employer will be considering female only.

**Skills, qualifications and experience**

**Essential:**

* Driving licence, car and appropriate insurance that does not exclude under 18’s from travelling
* English Speaking
* Able to swim
* Caring and Childcare experience
* Confidentiality
* Good at building relationships

**Preferred**:

* Good communicator
* A good listener
* Empathetic
* Experience of working with people with MS

# Other Requirements

**Essential:**

* Provide evidence of self-employment such as Public Liability Insurance, Terms and Conditions, tax reference number (UTR) from HMRC UK.
* DBS Check will be required
* Legally Able to Work in UK (this is **not** a sponsored post)