## Job Description & Person Specification

Job title: Self-Employed Personal Care Assistant

Location: BH5 area

# Job purpose: A self-employed Personal Care Assistant is required to help and support a lady who has moderate Vascular Dementia, macular degeneration, mild cognitive impairment, hypertension, glaucoma and is hard of hearing which affects their daily living. Also, the Client has slight balance issues and can be unstable on their feet at times. To assist with a variety of tasks that will support the individual to live an independent social life.

# About the individual:

The individual has hearing issues and wears hearing aids. She has moderate mobility and can suffer with recurrent falls. The OT has equipped the home with various low-level aids (grab rails, bath board, toilet raiser, kitchen trolley) however the lady still requires the additional physical support to carry out most daily tasks. The individual requires support, prompting and monitoring daily with personal care, dressing, meal provisions, medication, laundry/domestic tasks and social support. Despite memory issues, there is no concerns regarding the individual's mental capacity and it’s clear she can make wise and safe decisions about her life and care needs. The lady can clearly and coherently express her wishes and desires.

**Rate of pay:** as a self-employed carer, please provide rates on application.

**Hours of work:** Tuesday, afternoon visit, 2 hrs from 2-4pm and another day to be specified. Every other Sunday visit, 2 hours in the afternoon preferably a start time of 2pm there is some flexibility

Not essential but preferrable that the carer is able to cover hours should the other carers be on holiday or off sick.

Main duties

**Social duties:**

* Making use of necessary facilities of services in the local community.
* Supporting individual with getting out and about to promote mental and physical wellbeing.
* Driving and escorting individual to purchase food and go for lunch.

**Personal Care:**

* Supervising individual in washing, showering and washing hair.
* Help in maintaining good skin integrity.
* Support in undressing and dressing in clean, comfortable and appropriate clothing.
* Supported and prompted to warm and nutritious meals throughout the day and to maintain a good standard of hydration.

**Domestic duties:**

* Support and help in preparing snacks, breakfast, evening meals and hot drinks.
* Shopping and/or assisting individual with shopping.
* Help in putting groceries away.
* Making and changing beds.
* Undertaking light household duties such as washing up, laundry, ironing, storing, hoovering, dusting and cleaning.
* Making use of home safely, support required in walking.
* Safe use of mobility aids and equipment around the home.

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

# Qualities

* **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 or has a good sense of humour.
* **Specific requirements:** to have knowledge or experience of the above health conditions preferable but not essential.

**Skills, qualifications and experience**

**Essential:**

* confidentiality
* good at building relationships

**Preferred**:

* good communicator
* a good listener
* carer with car but if using a vehicle, valid vehicle insurance is required.

# Other Requirements

**Essential:** Self-employed carers are required to provide the following paperwork as evidence of self-employment status.

* Provide evidence of self-employment such as Public Liability Insurance, Terms and Conditions, tax reference number.
* DBS Check will be required.
* Legally Able to Work in UK.

**Job reference** EM/GS DEC 23