## Job Description & Person Specification

Job title: Self Employed / Personal Care Assistant / Support worker

Location: Bournemouth BH8

**Job purpose:**

To assist with a variety of tasks which will enable the person who needs care and support to live their personal and social life according to their wishes and interests.

**About the individual:**

Female looking for a support worker to assist with daily living tasks and improving confidence and independence. To have the support in having as much control over day to day life. Wife and Mother of two teenagers who has a friendly dog. Enjoys volunteer work and has a lot to offer to the community with the right support.

**Rate of pay:**

As self-employed, please provide rates on application

**Hours of work:** 5 hours per week. Hours flexible to be mutually agreed.

# Main duties

**Social duties:**

Support to keep in touch and socialise with family and friends

Support to attend adult education classes/volunteer roles

Support to attend medical appointments

Support to do hobbies such as dog walking and accessing the community

Support to attend social events such as music gigs or the cinema

**Personal Care:**

Prompting to maintain physical care and appearance

Toileting Needs and Being appropriately clothed.

**Domestic duties:**

cooking and serving nutritious meals and snacks.

Managing and Maintaining Nutrition

Helping to organise and manage the home

Building confidence and skills to manage the home

support with grocery shopping,

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

# Qualities

**Values**: Values: honest, reliable, non-judgemental, ability to build good relationships based on trust and respect, flexible, easy going, positive, willingness to travel, understands equality and diversity or has a good sense of humour.

**Skills, qualifications and experience**

**Essential:**

driving licence

car and appropriate insurance

confidentiality

good at building relationships

good life experience and ability to manage difficult situations

likes dogs or other pets

computer literate

good communicator

a good listener

# Other Requirements

**Essential:**

* 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
* Female applicants only due to personal care requirements