## Job Description & Person Specification

Job title: Self Employed Personal Care Assistant.

Location: **BH6**

# Job purpose:

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

This role involves a few hours of day time support plus a few full days per year to cover larger excursions of holiday.

# About the individual:

The disabled lady is living independently in BH6 area of Bournemouth. She is highly capable and is fully verbal and mobile. The individual is a lively person who loves social interaction. She is aware of her condition, and this can knock her confidence in the outside world. She is like any child in that the chores and basics of life are best ignored, and she therefore needs encouragement most days to “get up and go”. She loves pets but is not capable of looking after one herself so would love to do some dog walking. She has a job on a Wednesday helping provide the meals in a local school in a supported work environment. Her main activity is spending time and looking after her boyfriend. Boyfriend also suffers from learning difficulties as well as other medical issues, but they make a lovely couple and are great advocates for each other. He has his own property and is also supported in independent living. The individual needs support to exercise and manage her diet. She is very overweight and at serious risk of developing diabetes so encouragement to exercise walk is critical. Own transport is critical and mileage allowance will be paid. She has a ‘tip’ bladder with a catheter fitted through her abdomen. She is good at dealing with this but needs support with hygiene/risk of infection as well as the monthly surgery visit to change the equipment.

**Rate of pay:**

Self-employed carer to state rates of pay on application.

**Hours of work:** Approximately three hours of work Monday/Wednesday/ Fridays. If possible two hours mid Morning on a Saturday but this is quite flexible for both parties. As stated above a few full days or even consecutive days to cover exciting day trips or even one UK based long weekend. Usually two carers to support one another.

# Main duties

**Social duties:**

* keep in touch and socialise with family and friends
* attend Wednesday work appropriately washed and dressed
* attend medical appointments
* do hobbies such as dog walking, walks, house/garden visits
* attend social events

**Personal Care:**

* support with bathing or showering
* teeth cleaning,
* dressing (not much required except personal hygiene checks)
* catheter care
* administering medication
* eating properly.
* performing exercises/physiotherapy

**Domestic duties:**

* support with grocery shopping,
* cooking and serving nutritious meals and snacks
* healthy batch cooking and freezing
* cleaning, changing linen, laundry,
* keeping on top of the garden. (Small with AstroTurf grass so minor pruning and bed weeding) This should be a fun shared activity and is another opportunity for exercise with a positive outcome.

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.
* **Other:** due to the nature of this role including medical/personal care the potential individual will be considering female applicants only.

**Skills, qualifications and experience**

**Essential:**

* **driving licence**
* **car and appropriate insurance**
* **confidentiality**
* **good at building relationships**
* **good humour**
* **not afraid to encourage motivation**

**Preferred**:

* good communicator
* likes dogs or other pets
* a good listener
* ability to support people with behaviours which are challenging on occasion.

# 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