Job title: **Self Employed / Personal Care Assistant / Female\* Only**

Location: **Bournemouth**

# Job purpose: Personal Care Assistant required to help and support an elderly lady with limited mobility.

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

**Rate of pay:** Please provide rates on your application.

Hours of work: 3 days per week, 7.5 hours in total.

Each day consists of 4 visits: Morning visit of 60 minutes, lunchtime, teatime and bedtime visits of 30 minutes each. The applicant must be able to cover hours should the other Personal Care Assistant be on holiday or otherwise absent.

Times to be discussed.

# Main duties will include but not limited to:

* Supporting with personal care routine
* Help in maintaining good skin integrity
* Support in undressing and dressing in clean and comfortable clothing
* Preparation of breakfast, lunch and hot drinks and to maintain a good standard of hydration
* Supporting with various aspects of daily living

# Qualities

* Values: honest, reliable, punctual, ability to build good relationships based on trust and respect, flexible, adaptable, easy going, able to work alone, positive.
* Other: female applicants only**.**

**Ideal Candidate:**

* Previous PA experience in a similar role
* Up-to-date training in Manual Handling, including safe use of mobility aids and equipment around the home

# 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
* Full, valid UK driving licence