**Job Description**

**Ref: SM0124HZ**

**Job Title:**

Personal Assistant

**Reporting to:**

Employer, who is the lady receiving support and the mother of the two children

**Location:**

Mintlaw, Peterhead

**Nature of the job role: (Job Share)**

A kind and caring person is required to support a lady with MS in her own home to:

Help with meal preparation, light household duties, massage and help with exercises. Must be able to cook healthy and nutritious meals and hold a food hygiene certificate or be willing to obtain this. Also, to support this lady when required with all aspects of personal care, showering, washing hair & dressing etc.

 Also requires help to get to appointments and occasional shopping.

Personal Assistants should be aware that this is a family home of 3, they must like dogs

Must be willing to take Covid tests

 **Rate of Pay & Hours:** **£12.49 per hour**

16-18 HRS PER WEEK - 9AM-1.30/ 4.30.6.00pm (variation of am and pm shifts)

 ALTERNATE WEEKENDS

 Hours may be negotiable for example half days plus cover for holidays and sickness

 (Up to 30 hours per week)

**Main duties:**

* Light household duties, keeping the house clean and tidy, as directed by the lady.
* Preparing healthy, nutritious meals as directed by the employer for a family of three.
* Ensuring the kitchen is left clean and tidy at the end of each shift after the family has finished their meal.
* Support with personal care
* Support with physiotherapy as directed
* Applying TENS for pain relief
* Do daily laundry and strip and change bedding plus ironing once per week.
* Be sensitive, respect the privacy and confidentiality of personal information
* Work according to guidelines

Ensuring guidelines connected to any equipment used are followed at all times

* Ensure high hygiene standards in food preparation and handling.
* Any other duties consistent to the role and authorised by the employer.

 **Supervision and reporting relationships:**

The Personal Assistants will be directed by and accountable to the employer, who is the lady

 receiving support. It is necessary to ask the employer what is required and to observe her

 directions and requests. It is also necessary to respect the family’s privacy.

**Annual Leave:**

28 days pro rata (5.6 weeks per calendar year)

 **Training:**

Full training will be provided and paid for by the employer. Training will include the following:

* Adult Support and Protection
* Food Hygiene
* Moving and Handling
* Infection Control

**References and Disclosure Scotland Check:**

A reference from 2 employers, one of which should be current or recent is required.

Employees will be required to register with the PVG (Protecting Vulnerable Groups) scheme. Further information can be found at [www.disclosurescotland.co.uk](http://www.disclosurescotland.co.uk).

 **Person Specification:**

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| **Attributes** | **Essential****(The minimum acceptable levels for safe and effective job performance)** | **Desirable****(The attributes of the ideal candidate)** |
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| **Experience** | Experience of supporting adults with support needs and young people/children Experience of food preparation and cooking meals from scratch.Experience of doing light household duties | Experience of supporting people in their own home. |
| **Education and Qualifications** | * Good standard of education
* Willingness to undertake relevant training
* Member of PVG Scheme or be prepared to join at own expense
 | SVQ Level II |
| **Skills/Abilities specific to the post** | * Good communication skills, ability to communicate clearly and sensitively
* Use own initiative/self-motivation
* Good Inter-personal and social skills
* Form and maintain positive relationships
* Be flexible and adaptable
* Work independently or as part of a team
* Use a positive and supportive approach
* Maintaining dignity and privacy of the family.
* Able to prepare food and cook.
* Able to drive with access to a car
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| Qualities | * Kind and Caring
* Honest and trustworthy
* Empathy
* Likes being active
* A sense of humour and fun
* Must like and get on with children
* Good professional and personal

boundaries/understanding confidentiality. * Reliable, conscientious and consistent.
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| Other | * Clean driving license and access to car
* Business insurance on own vehicle
* Must like dogs.
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