

Holistic support worker

19 hours available per week depending on availability and skills, paid at £12.66 per hour

Hours will be mainly daytime Monday - Fri. There will be occasional day trips for one-off events and outings.

Hours, training & Mileage Funded by Aberdeenshire Council. 35 miles per week covered.

The role can be split between multiple people so if you can offer support in some areas and not others, or for fewer hours per week, please do still apply.

No previous experience in care required, your willingness to help meet my needs in a compassionate way is more important than care experience, so please to still apply if you feel like you could do this role but have not worked in personal assistance or care before.

Location: Rothienorman Area

Annual Leave: 28 days pro rata annual leave is paid.

Contact

Email: Holisticteamcare@gmail.com

Whatsapp : +447399995257

PURPOSE OF JOB

This role is to support my independence and support me in living a dignified fulfilling life that accommodates my range of disabilities.

I have two disabilities caused by chronic illness: Myalgic encephalomyelitis and Postural orthostatic tachycardia syndrome. This affects my ability to do all day-to-day tasks and impacts my mobility, but it's not always visible. I can become significantly unwell from undertaking very simple, ordinary tasks like preparing a meal or having a shower.

Community care is important to me. My core values are honesty, vulnerability, care and connection. I believe all people deserve safety, shelter and a dignified life regardless of identity, ability or class.

I love kayaking and adore nature and it is my goal to have increased access to both in the

future. At home my passions include jamming to music, listening to audio books, chilling in the garden, watching k-dramas, yapping and writing.

It's important that we work together to find an approach to my care tasks that we are both comfortable with.

AREAS OF RESPONSIBILITY

Personal Care

Cooking daily meals

Assistance with personal care tasks (eg: setting up shower chair for me)

Help with medications and health supplements

Household Tasks

Doing all laundry: washing, hanging out, putting away

Changing bedding

Light housework/domestic tasks

Supporting with household admin (e.g. voting, refilling pantry containers etc)

Supporting household management using existing strategies (Notion, a digital to-do list)

Assistance with Trips

Driving to places for well being (places of nature, social gatherings, gym physiotherapy etc)

Driving to appointments

General

Being reliably available within the agreed hours/days.

Cat friendly and willing to help with cat care as I have a cat named Lolly.

Willing to take precautions at the start of shifts (test or mask, both will be provided) as I am immunocompromised and need to avoid catching any viruses

PERSONAL SPECIFICATION

A commitment to understanding and getting to know my needs as a queer, neurodivergent, disabled person.

Curious and committed to practices of care that uphold autonomy and individuality

Consistent and reliable.

Willing to have a PVS check

Willing to communicate openly.

Someone who drives, with a clean licence.

DESIRABLE

A basic understanding of dynamic disabilities or a willingness to learn and adapt their care provision accordingly

Proficient at cooking / willing to learn if not.

Own a car to be able to get to job location conveniently. (wheelchair accessible vehicle provided and not required)

Your communication skills and a willingness to help me meet my needs in a compassionate way are far more important to me than any relevant caring experience so please still apply if you feel you could do this role but have not worked as a carer before. The above are examples of tasks I need help with, but may not all be required on every shift.

I prefer to communicate by email or whatsapp in the first instance and then we could move onto an online or face to face meeting if we both agree.

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