## **Job Description**

## **Job Title**

Support Worker (Up to 8 hours per week)

## **Rate of Pay**

£8.99 (per hour)

## **About Me**

My name is Sarah and I have cerebral palsy. I cannot walk unaided and use elbow crutches and a wheelchair to move around.

I work in retail part-time and have a varied shift pattern. I like to exercise and I am looking for a committed and enthusiastic individual to drive and accompany me to the gym.

In my spare time hobbies include reading, watching films and listening to music (mostly pop/rock). I also enjoy going to the cinema and live theatre with friends.

## **Purpose of Job**

To support and assist me with the tasks listed below:

## **Responsibilities and Duties**

* To facilitate me to remain as mobile and independent as possible.
* To drive me to the gym and provide appropriate support to enable me to use equipment to its fullest (e.g. supervise me on the treadmill, and set the weight/seat at the correct height ready for me to use.
* Housework (in my bed/wet room only) – hoover the floor, polish and dust, change bedding, inside window cleaning, clean mirrored wardrobe door, keep the shower area clean (including sink, floor, mirror, and surfaces). Occasionally, assist with tidying desk area and help me to access files and paperwork that is in top cupboards and otherwise difficult for me to reach.
* Moving and Handling – support me to get on/off gym equipment

I need somebody who can be flexible with hours/days worked to accommodate my varied shift pattern and is willing to accompany me on social outings (e.g. to the shops, cafés and restaurants etc.) as required.

## **Qualifications**

No qualifications are necessary as I will provide any necessary training. However, experience of supporting people inside and outside of the home is desirable.

As I have difficulties with movement, I require a personal assistant who is patient, compassionate, and comfortable working with adults with physical disabilities.

## **Additional Requirements**

* A full DBS check (funding for this is provided).
* A full clean driving licence and a willingness to drive an adapted Motability vehicle.
* Moving and handling (as required) to support me setting up and using gym equipment.

***The applicant is required to have the characteristics set out which are deemed an occupational requirement of the role in compliance with the provisions of the Equality Act 2010***