# **Personal Care Assistant: Job Description**

**Job Title:** Female Personal Care Assistant

**Hours:** 15-25 hours per week Monday – Friday (to be discussed at interview)

**Pay Rate:** £10.50-£11:50

# **Area: Pelaw**

# **Outline description of role**

The role is to support a 66-year-old female currently living independently in her home in Gateshead. The lady (C) has early-onset Alzheimer’s Disease and now requires support and companionship in her daily living. You will have experience in personal care for persons with dementia and should have a positive, empathetic and engaging attitude and a calm disposition. For reasons of personal privacy, a female candidate is preferred.

# **About the Person**

C is a 66-year-old female who was diagnosed with early-onset Alzheimer’s disease about 18 months ago. Her symptoms, which vary in their intensity, include loss of short-term memory and inability to focus on tasks, and intermittent anxiety and depression. She goes to bed and gets up early.

C has a long and lively background in community arts and crafts but in her current condition she has lost that interest. She enjoys walking and other outdoor activities once they are arranged. She is fit, physically healthy and good-natured, but can feel isolated and disoriented at times. She will engage cheerfully in conversation and has an occasionally mischievous sense of humour.

# **Current situation and needs**

C lives alone in a first-floor flat with her two cats with whom she is closely bonded. Her son and his partner, who live close-by, provide daily support, but are both in full-time employment. C has brief mid-day visits from agency care-workers but is otherwise alone for much of the day. She would benefit from more frequent companionship and support in engaging with activities both within and outside of her home. C also needs assistance in washing, dressing, the preparation of meals and maintaining hydration.

Concurrently with arranging a PCA, the family is hoping to establish regular visits to a local day-centre.

**Main duties**

Provide support in all areas of daily living including

* Domestic support, ensuring the flat is kept clean and tidy
* Personal Care
* Meal preparation
* Medication prompts
* Support to attend medical appointments
* Support to attend social activities

**Qualities sought**

We envisage that the appointed PCA will be a mature female with experience in personal care, and some experience of working with dementia patients. The following attributes would be welcome:

* An empathetic, supportive and encouraging attitude
* The ability to engage and form a trusting bond with C
* A willingness to suggest and arrange attendance at outside activities such as exercise, gallery visits or craft sessions
* An ability and willingness to observe and communicate with family members on matters related to C’s health and needs.

## Terms and conditions

### Hours and duties

The hours of work are currently open for negotiation, but the times at which assistance would be most needed are likely to be in the afternoon and evening. Depending on attendance at the day-centre, this might be from around mid-day or alternatively around 2.30 p.m. until early evening. This would allow some respite for her son and his partner when they return from work. During this time assistance in preparing an evening meal would be required.

Ideally at least one evening per week, up to around 9.00 p.m would also be worked.

We envisage that attendance would be a single visit daily, Monday to Friday, for around 15-25 hours per week in total. While we would prefer a single person, the option of splitting the role between two persons is one we would consider. However, consistency is an important consideration.

Subject to negotiation and convenience, some presence in the mornings, with assistance in washing and bathing, dressing, eating, hydration and medication.

As well as the above duties, the PCA might assist with arranging and perhaps occasionally escorting to outside activities or to medical appointments, and co-ordinating the assistance of friends and family, possibly by maintaining an on-line calendar that others could access.

**Applications**

Candidates are requested to submit an online application, explaining their experience and qualities for the role, any constraints they might have on hours, duties etc. Suitable applicants will be invited to meet C, and to discuss how we might work together to provide her with the best possible care.

**Closing date is 21 October 2021**