**Main duties**

**Domestic Duties**
• Support with laundry, including bed changing.
• Support with housework, hoover, polish, cleaning bathroom, kitchen etc
• Chop, prepare food and meals.
• Pick up Prescriptions.
• Support to clean up after animals if needed.

**Social Duties**
• Accompany me to the shops.
• Accompany me to social activities.
• Go food shopping with or without me.
• Support me to go clothes shopping, act as my sighted guide and
describe items.
• Accompany me to swimming sessions.

**Other Duties**
• Read and help respond to mail if needed.
• Assist me reading or doing things on the computer.
• Support me to attend any appointments.
• Assist me with making telephone calls.
• Physical support to guide me when walking, ensure I can rest in
my wheelchair if needed.
• Push my manual wheelchair safely.
These duties may vary from day to day, and it is important that you have
a flexible approach to your work.

**Type of person that I am looking for**:

**Values**
Honest, reliable, punctual, non-judgemental, ability to build good
relationships based on trust and respect, flexible, adaptable, easy going,
able to work alone, positive, willingness to travel, understand equality
and diversity, a good sense of humour.

**Specific requirements**
• Good communication
• Ability to describe situations, items and places

**Skills, qualifications and experience**

**Essential**
• Physically able to carry out the role, including being able to push
and lift a manual wheelchair.
• Ability to take direction.
• Be able to understand and follow instructions.
• Good clear communication.
• Have a positive attitude to disability and inclusion.

**Preferred**
• Experience of providing support whether formally or informally