**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