

Personal Assistant/Support Worker

In village 5 miles west of Bury St. Edmunds – Ref: 4388

Village location between Stowmarket and Bury St. Edmunds

£10.50 per hour during trial period

rising to £11.50 per hour

Average 22 hours per week

About Me

I am a mature gentleman with learning disabilities and autism. I live in a village between Bury St. Edmunds and Stowmarket. I am well respected in the local community for being polite, conscientious and honest. I love the countryside and farming and finding out how things work. I also like to be active and enjoy activities such as walking, sailing, horse riding, attending computing lessons, looking at stained glass windows and enjoy discussing farming topics.

I am looking for a Personal Assistant who can help enhance my daily life and increase my potential to succeed and grasp new opportunities. The successful candidate will support me where my disabilities cause barriers.

It is very important to me to have a predictable schedule, with advance notice of changes, as once things are explained (sometimes with pictures) I can manage this with a new focus. Summer 2018 I had a full left knee replacement. So it is important for me to remain active and be mindful of ongoing need to do specific exercises to maintain effective leg function. I also need to maintain upper body fitness and good posture especially as I have mild lateral scoliosis and this often causes backache

Main Duties and Responsibilities

Although this job description is correct at present, it may change from time to time after negotiation with the post holder.

- Some personal care (check what is involved).
- Support with food preparation. I have a wheat, gluten, yeast and dairy free diet, therefore you will be required to cook meals that are appropriate with this (which you will have support with).
- Support to comprehend and translate my communication to others when we are out and about. Sometimes my communication can seem a little unclear, however once I get to know you, I can make myself understood easily.

- Support to drive me to and from appointments and activities. I have my own car which the P.A. can drive and help me to maintain. Alternatively, happy to accompany me on the train or bus.
- Some occasional general housework e.g. using the vacuum cleaner, wiping down surfaces, changing my bed linen etc. You may also support me to do these things myself.
- Enhancing my life by understanding my past, my achievements and how I reached where I am today.
- At the end of your shift, noting down my daily report in my planner/writing a daily comprehensive report. Additionally, liaising with family, team members and hosts, where appropriate.

Proposed Rota

There are a few different shifts to choose from and the right candidate can specify their availability. I am looking to cover a mixture of day and night shifts weekdays and some weekends.

If you are successful, and after a successful rapport established, there may be an opportunity to take on some overnight shifts as there will be 1 – 2 night shifts per week available. If these hours are not suitable, please make your current availability clear on your application form and this will be discussed at interview as there is some flexibility.

If you are interested in the role, please tell us a bit more about yourself! Complete the application form and return it to:

Suffolk Independent Living
IP City Centre, 1 Bath Street
Ipswich
Suffolk
IP2 8SD

suffolk@silmail.org

01473 603876

Reference: 4388