

# Make a difference

## become a Personal Assistant

There are people in your community who need Personal Assistants (PAs) to provide care and support. This may be because of their age or disability such as dementia, physical or learning disability, mental health, hearing or sight loss. A PA is employed by the person who needs care and support to help them to live as independently as possible in their home and community.

The key skills a PA needs are to be motivated, caring, flexible, have the ability to listen, to be able to use their initiative and a willingness to learn and respond.

### A PA may get involved with:

- personal care, such as helping someone get washed and dressed
- health related tasks
- cleaning and housework
- shopping
- preparing meals
- leisure and recreation activities
- helping someone to get involved in the local community.



The job can be very flexible, offering part time and full time work on different days and at different times. Some people become a PA part time while also working in an entirely different job. It is also suitable for someone who is retired and may only want a few hours a week, or someone in college who may only want to work evenings or weekends.

# Get **free** accreditation with Support with Confidence

If you are thinking of becoming a Personal Assistant, Support with Confidence is a free scheme which allows you to be accredited, trained and promoted online.

## Benefits of Support with Confidence include:



Support with  
Confidence

- e-learning training courses
- two references as part of your application
- an enhanced Disclosure and Barring Service check
- free promotion on **www.nottshelpyourself.org.uk**, a directory of services and providers in Nottinghamshire.

The scheme is free for PAs. Once you have been accredited, your details will go live onto our directory of PAs on **www.nottshelpyourself.org.uk** and anyone looking for care and support will be able to contact you.

## Apply for Support with Confidence:

W: **www.nottinghamshire.gov.uk/**  
**personal-assistants**

T: **0300 500 80 80**



## Receive funding for training

The person who employs you as a PA can apply for Skills for Care funding to cover the cost of care related training. **Find out more**

**www.skillsforcare.org.uk** (learning and development/ funding / individual employer funding) or phone **0113 241 1275**.

Nottinghamshire County Council working in partnership with the local NHS Clinical Commissioning Groups of: Newark and Sherwood; Bassetlaw; Mansfield and Ashfield; Nottingham North and East; Nottingham West and Rushcliffe.