 

**Support with Confidence Training**

**‘Becoming a Personal Assistant’**

**Your name: …………………………………………………………………………….**

**Unit 3 – Videos and Questions**

Watch the short video clips [Training for Personal Assistants](http://www.nottinghamshire.gov.uk/care/adult-social-care/working-in-social-care/personal-assistants/training-for-personal-assistants)  and answer the following questions in the spaces provided. You may find it easier to watch each clip separately before answering the questions on that clip. Don’t worry! There is no ‘right’ or a ‘wrong’ answer.

The videos have been produced by The Social Care Institute for Excellence (SCIE) whose vision and will support your development as a Personal Assistant. Please consider your learning from this activity and how this will influence the support you provide to individuals.

If you have any problems accessing these files please contact [nottshelpyourself@nottscc.gov.uk](mailto:nottshelpyourself@nottscc.gov.uk)

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| **Linda Rounds’ Story**  This film follows the story of Linda Rounds, who needs constant care after a car accident. Linda’s teenage daughter was looking after her. Following a visit from a social worker Linda found out she was entitled to direct payments. She used the money to pay her friends to be her personal assistants, helping her to feel comfortable with her carers, and giving her daughter more freedom.  **Important note: This clip shows Linda being assisted down the stairs by her personal assistant, for reasons of safety to both the individual and the personal assistant, it should be noted that people requiring assistance on stairs should be referred for an occupational therapy assessment as this is considered high risk practice.** |
| Q1. What was the emotional impact on Linda and her family of her deteriorating health? |
| Q2. Linda felt more comfortable being supported by someone she already knew. If you were supporting someone who didn’t already know you, what steps do you think you could take to make them feel more at ease? |
| Q3. As Linda employed friends as her personal assistants they already had positive relationships. What are the benefits of developing positive relationships? |
| Q4. What was Linda’s expectation of her carers? |
| **Stephen’s story**  This video introduces Stephen Page, a man with Multiple Sclerosis. Maintaining his social and cultural life is very important to Stephen and he has been enabled to continue to attend events which help him to lead a fulfilling life. He is a creative and talented person who needs to maintain his interests and activities for his own well-being. |
| Q5. What did being given the opportunity to have a personal assistant, as opposed to agency support, mean to Stephen? |
| Q6. What are the issues for personal assistants, particularly those who have not previously worked in social care, when providing intimate and personal care? |
| Q7. The term ‘*person centered care’* is used a lot in social care. How do you think Stephen’s care was ‘*personalised*’ or tailored around his needs and wants, and why do you think this is so important? |
| Q8. What did Stephen see as the underlying principle of ‘*person centered care*’? |
| **Anne’s story**  Anne, a disabled person, describes the barriers facing disabled people, discusses the issues involved in employing personal assistants and talks about her own work to bring about positive change. Anne believes things are beginning to change for the better for disabled people. Noting a historical lack of participation in services by disabled people, she describes how she led a group to gain control of spending on the services that they require. Anne is playing a key role in bringing about positive change in services for disabled people.  **Please note the ways in which Anne was moved by her personal assistant should not be considered good practice, for reasons of safety to both the individual and the personal assistant. When assisting people to move you should incorporate the principles of safer moving and handling and if necessary seek further advice.** |
| Q9. Access to public places can be a problem for disabled people. Bearing this in mind how would you plan when taking the people out who you support? |
| Q10. Anne talks about the social model of disability, this model argues that people are disabled for reasons associated to society and the environment. For example someone in a wheelchair being unable to access the cinema as there are only steps at the entrance and no alternative, would be disabling. Can you think of other things which are disabling? |
| Q11. Before being supported by a personal assistant Anne received care through the local council. What did Anne not like about this service? |
| Q12. Anne talks about the difficulties of sorting out problems with her personal assistant. Sometimes it can be quite tricky for the people who need support to talk to their personal assistant about the way in which they are cared for. How can you make it easier for the people you support to discuss their care with you? |

**My learning and what I will do with it (optional)**

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| **Identify the key areas of learning for you from this exercise.**  Please note ALL of your learning |
| 1. Click here to enter text. |
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| **How will this learning assist me in my role as a Personal Assistant?** |
| 1. Click here to enter text. |
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| **Further Training Needs**  Record any other areas of training that would support you in your role as Personal Assistant |
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