

Meet Clara

Positive Behaviour Support Assistant,
Frontier Support Services



What is a positive behaviour support assistant in social care?

Clara works as a positive behaviour support assistant for Frontier Support Services who support adults with learning disabilities, autism, Asperger's, epilepsy and mental health conditions. Her role includes:



- assessing the people she supports and developing care plans and risk assessments
- developing positive behaviour support plans
- carrying out initial assessments for new clients
- delivering training about mental health conditions and behaviour that challenges
- helping staff overcome challenges in their roles
- providing organisational support
- working with other care professionals.

Clara enjoys working with colleagues to ensure they can provide good quality care to the people they support. Something else Clara enjoys is building relationships with clients and acting as an advocate for them when needed. Seeing improvements in the lives of the people she supports gives her great job satisfaction.

How did she get here?

Clara felt she had the right values to work in social care and started work in the sector as a care assistant, working with adults with physical disabilities. She has also worked in other care roles supporting older people with dementia and in domiciliary care. Her initial interest was in nursing, however she enjoys working in social care so much that she's decided to stay in the sector.

After having children herself Clara ran a child-minding agency. She then decided to move back into social care and found a role as a support worker with Frontier Support Services. She has since progressed to team leader and then into her current role.

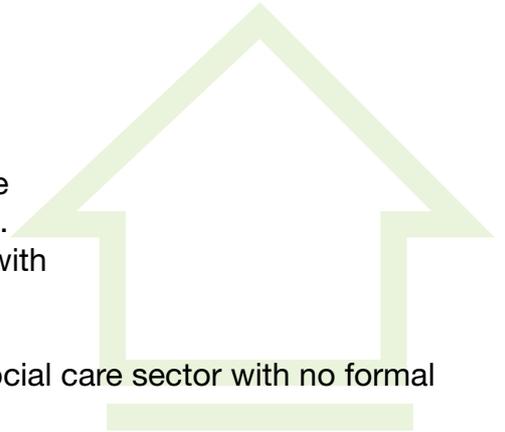
Clara's employer supported her to complete qualifications at levels 3 and 5, as well as qualifications specific to her current role (including Preparing to Teach in the Lifelong Learning Sector).

She was offered a place on a social work degree but decided to stay in her current role as she enjoys her responsibilities and her organisation provides her with a range of development opportunities.

Where can it take her?

Clara is hoping to complete a degree-level qualification in positive behavioural support to help her develop her skills and knowledge. She would like to progress further in a role that supports people with behaviour that challenges.

She's proud of everything she's achieved as she came into the social care sector with no formal experience or qualifications.



What would she say to others interested in a career in care?

Clara says "don't come into care if it's just the money you're interested in – come in because you know you have something to offer and can really make a difference."

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