



Being a personal assistant a rewarding career

Mo Hussain

Mo is a personal assistant who works with a young woman called Helen who has a learning disability and is prone to seizures. He supports Helen to live everyday life the way she wants.

His typical day could include:

- helping Helen to get up and ready on a morning
- sorting out medication
- helping Helen to go shopping
- taking Helen horse riding
- going with Helen and her friends on her yearly holiday
- helping with laundry and housework
- taking Helen to the gym every Friday
- supporting Helen to cook her own meals.

Getting into social care...

Before working with Helen, Mo worked for a care agency, supporting people with different needs in their own home or in a supported living setting. Through the agency Mo met Helen and her family. Helen decided to employ personal assistants herself rather than through an agency, and offered Mo a job.

Whilst there were lots of opportunities for Mo working at the agency, he enjoys the fact that he can build a one to one relationship with Helen, and that Helen has a consistent team of PAs to support her.

In the future Mo would like to work in a role where he matches PAs to individuals care needs.



To anyone wanting to be a PA, I would definitely encourage it

Training and development

Mo completed his level 2, 3 and 4 diploma in health and social care whilst working at the agency. The knowledge he gained from completing these has been invaluable in his role as a PA, especially units on medication and health and safety.

Mo also has the opportunity to attend training relevant to Helen's needs, for example Epilpesy awareness, first aid, moving and handling and food hygiene.



Why Mo loves being a PA ...

Mo says being a PA is a very rewarding career and he particularly likes working with individuals in a one to one setting.

☾ **The best part of the job is working with individuals – the one to one interaction and the response you get from them...** ☽

Mo enjoys the personal satisfaction he gets from the job.

☾ **By the end of the day, knowing you've worked a whole day helping someone to achieve something [is very rewarding]** ☽

This personal satisfaction comes from seeing the difference he makes in Helen's life.

☾ **When you see them achieve beyond what you imagined ... and you know 'I've helped them to get to that place'** ☽

More information

If you want to hear more from Mo about being a PA, watch his video at www.skillsforcare.org.uk/PAcasestudies