



Being a personal assistant a rewarding career

Robert and Caroline

Robert and Caroline are both PAs who support Robert's sister Claire. Claire has a learning disability, and uses a personal care budget to pay for her own care and support.

Having her own PAs means Claire is able to take part in a huge range of activities, interests and hobbies.

☾ [Claire] has such a variety of activities, so one day we could be chilling at home watching movies and having girl time, or other times we could be at the zoo or going to the theatre ☽

As well as helping Claire with her morning and night time routine, they also support her with different social activities including:

- shopping
- trampolining
- arts and crafts
- going on holiday
- outward bound centres
- meeting friends

Getting into social care...



Whilst at university, Robert supported young adults with autism and other learning disabilities. Meanwhile back home, he saw his sister struggling and this gave him the motivation to become a PA; to make a difference in Claire's life.

Caroline began working as a PA for Claire on a work placement whilst at university. She has always enjoyed helping people and decided to 'give it a go' when she came across the job of a PA.

Training and development

Caroline found that the induction process of shadowing another PA and working with Claire, taught her a lot about what she would be doing.

She has also done other training including a communication course which Caroline says has improved the way she communicates with Claire. Caroline hopes to complete training on positive behaviour support and become an assistant to the trainer so she can deliver sessions to other PAs. Once her work placement is completed, Caroline wants to go back to finish her degree and become a social worker.

Robert has done lots of training for his role. He has completed an assessors course so he can help new PAs complete the Care Certificate as part of their induction. He has also done a first aid course and training to help him develop the skills to deliver training to other PAs.



Why they love being a PA ...

Caroline and Robert both say being a PA is a very rewarding career. Robert says

It's very rewarding, there's lots of positivity about it. You're making a difference, enriching someone's life and making people happy

They both enjoy working in a team of PAs to support Claire.

We have laughter and memories and make lots of friends

Caroline really likes the variety of the role.

The best part of my job is learning new things. I'm teaching and enabling Claire but at the same time she's teaching me new things

More information

If you want to hear more from Rob and Caroline about being a PA, watch their video at www.skillsforcare.org.uk/PAscestudies