Getting into social care...
Tuija had no previous experience of working in social care, but her values, attitude and passion for the job meant she was successful in getting her role as a PA.

Tuija worked in the city for 25 years but found her job wasn’t fulfilling what she really wanted to do. She says:

*When I turned 60 I decided to do something that made a difference and that’s when I decided to become a carer.*

Charlotte had worked in a caring role previously. After becoming a full time mum, she decided to become a PA because of the flexibility of the role.

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Being a personal assistant
a rewarding career

Tuija and Charlotte

Tuija and Charlotte are personal assistants for Sheena, who has advanced dementia. They support her to live in her own home by:

- helping Sheena get out of bed
- assisting Sheena to get a shower and get ready on a morning
- making Sheena’s meals and assisting her to eat them
- helping Sheena go to appointments such as the hairdressers and opticians
- keeping Sheena company whilst watching TV
- supporting Sheena with her mobility by using a hoist and wheelchair
- helping Sheena go out into the local town
- staying over when Sheena’s family goes away on holiday.
Why they love being a PA ...

Charlotte and Tuija both find the job very rewarding. Charlotte says:

“It’s really rewarding to see that [Sheena] can carry on with her life the way she wants to.”

And after 40 years of working in a variety of different roles, Tuija says:

“I love the job! It’s the most rewarding work I’ve ever done in my 60 years.”

Tuija finds that although she gives a lot to the role, she gets a lot more out of it.

“You’ll make a difference to someone’s life, but they’ll make a bigger difference to yours.”

More information

If you want to hear more from Tuija and Charlotte about being a PA, watch their video at www.skillsforcare.org.uk/PACasestudies