

Training adapted to suit what PAs need

Larissa Pavlova is a personal assistant (PA) who is new to her role in adult social care. She works with an individual with MS and was looking to gain more confidence in how best to support him, especially helping to move him safely.

Training from Independent Lives, funded by Skills for Care, helped Larissa become more able to meet his needs, which in turn meant her employer grew more comfortable in her ability to provide care and support.

Larissa completed manual handling, medication and first aid training courses. She was impressed by the rich content and enjoyed the examples and videos provided. What she found most useful was the trainer's lived experience and knowledge and how they went out of their way to tailor the course to benefit learners.

Larissa felt the training was specific to her needs and told us: "The great thing about the training at Independent Lives is they can cater this to PAs. Their training is not generic, it is adapted to suit what PAs need or have expressed an interest in. Their trainer caters the courses really well and ensures that we leave feeling confident."

She particularly enjoyed the first aid training and told us: "The First Aid training I received at Independent Lives was great and the tutor was very talented. She taught me how to support someone who is choking in a wheelchair if you are unable to get your arms around them. I had not been shown this before, so it felt very centred around the care sector."

Skills for Care disburse funding to user led organisations (ULOs) to deliver training for people who employ or contract with personal assistants (PAs).

Find out more about the funding at www.skillsforcare.org.uk/ulofunding