

## Experiences of Support Workers / Personal Assistants

1. I work as a personal assistant to 3 clients who are all different but equally need assistance in every day life, I help my clients to do things that they may struggle with such as meal prep and jobs around the house, in the long run my goal is to help them be as independent as possible and keep them happy in themselves.

One client I assist struggles with schizophrenia, she leads a very normal life, I am just there to support her. We do things like go shopping together, walks at the park, arts and crafts and cooking. I also assist her to attend any appointments that she might have such as doctors appointments, hairdresser appointments etc...

We get along very well and I do my best to keep her happy and healthy. We're always laughing and everything is going well. She also helps me to stay positive, so it's not just Sarah that benefits from the P/A work it helps me too because I have made a friend in the process. Being a personal assistant is honestly the best job, and it doesn't seem to feel like a job.

*Kyla – Support Worker*

2. Since becoming a PA a few weeks ago I have met and started working with 4 clients, each with very different support needs. I haven't done work out in the community for a while and this role has reminded me how much of a difference community work makes to people's lives and how important it is, I hadn't realised how much I've missed working with people. My confidence in myself has improved and the flexibility of the role to enable me to work around my young children is perfect.

In particular I feel I'm making a big difference in one of my clients lives, she is an elderly lady that lives on her own and has no family, she has memory problems and doesn't leave her house. Since starting working with her I identified that she was receiving meals on wheels but wasn't eating them as she didn't want hot food, she's not able to cook anything so she wasn't really eating, so I went out to buy her different things to see what she liked.

We've now changed her meal deliveries to salads and a tea time delivery, I also go get her things from the shop, so she's now eating properly and enjoying her food. I'm also working with her social worker closely to help get the help and support she needs alongside me to enable her to live independently. You can't change the world but you can change the world for one person.

*Jenny – Support Worker*