



## **Working as a Personal Assistant (PA)**

### Frequently Asked Questions

#### **What is a Personal Assistant?**

A personal assistant is someone who can help to support a client with their social care needs.

A personal assistant will help to support the client to live their day to day life as normal as possible and assist the individual to take part in everyday activities that others take for granted.

#### **What does a Personal Assistant help with?**

There are a very wide variety of tasks that the personal assistant may be required to carry out ranging from the more basic aspects of care such as helping to get someone washed and dressed and carrying out household tasks such as cleaning or shopping to social help and support such as accompanying the person on a holiday.

The tasks that a personal assistant will be asked to carry out depend entirely on the requirements of the individual.

#### **Will I need to do 'personal care' tasks?**

Help with personal care tasks is sometimes, but not always included in the Job Description for a particular role. This could include: eating, washing, dressing, toileting and changing pads.