

**Job Description Title**: At Home Assistant

**Salary**: London Living Wage

**Reports to:** Field Supervisor

**Hours:** The post is offered on a zero hour contract working Monday to Friday

# Job purpose:

To provide practical domestic assistance, to older people in their own homes to help them maintain their independence and enjoy an acceptable quality of life. This may include meal preparation, as well as carrying out light housework (dusting, tidying, vacuuming, laundry and ironing).

To provide a “respite” service for carers for an agreed period of time to allow the carer to take a break. **Please note that we do not provide personal care**.

To deliver a series of chair-based exercises and/or walking support to help people to stay active by improving their strength, mobility and confidence. Relevant training will be provided.

# Key responsibilities and accountabilities:

**At Home Care**

To carry out such tasks as the individual client requires, including the following:

* Escorting to appointments.
* Preparation of light meals and hot drinks as required.
* Washing up.
* Laundry, either in the client’s own home or in a launderette.
* Light housework, including vacuuming, dusting and tidying, putting away clean laundry etc.
* Shopping and minor errands, including collecting prescriptions, where necessary.

# Respite Care

* To carry out all necessary practical support, as agreed in the absence of the spouse, partner or other usual carer. We will not provide personal care.
* To provide companionship to the person being cared for which is respectful of their needs and wishes, and appropriate to their mental and physical condition.
* To deal with any emergencies which may arise in the absence of the usual carer, and to notify them as soon as is practicable.

# Community Exercise

Provision of chair-based exercise and walking support to older clients in their home enabling those with long-term conditions to become more active, and those who have temporarily lost mobility to regain the confidence to walk. Training will be provided prior to taking on this role.

* To complete a risk assessment prior to the first session
* To deliver a course of 6 1-to-1 chair based exercise and/or walking support sessions on a weekly basis.
* To agree individual goals as part of a person-centered exercise plan.
* To record progress on a feedback form after each session.
* To complete pre-questionnaire at the time of assessment and post-questionnaire after the 6th session.
* To submit feedback/progress reports to the Field Supervisor on a weekly basis.

# General Requirements

* To work within the boundaries of the service.
* To inform the Field Supervisor or emergency on call of any significant changes in the service user
* To attend team meetings and participate in training when requested.
* To provide cover for other Care Workers when required.
* To work in accordance with good practice at all times.
* To produce documentation and write service reports as required.
* To carry out other tasks from time to time that may be reasonably required.
* To work within the provisions of organisational policies and procedures.
* To contribute to service improvement and quality assurance of service.
* To abide by Age UK Kensington & Chelsea’s employee handbook.