

## County Durham Care Academy - How to become a Personal Assistant in the care sector

[Uplifting music]

[Text: Would you enjoy a new career, where every day is different?]

Would you enjoy a new career, where every day is different?

[Image: Animation of four young PAs standing in front of iron fence, stretch of water and cityscape of Durham in the distance]

[Text: Become a Personal Assistant]

Become a Personal Assistant in the care sector working in County Durham.

[Image: Four PAs in 'bubbles', cityscape in background]

[Text: Fun. PA's. Passionate. Helping those they support. All aspects of their daily lives.]

PAs are fun and passionate people who enjoy helping those they support with all aspects of their daily lives so that they can live the way they choose to.

[Image: PA assisting individual in wheelchair to drink and eat]

[Text: Working with Children or Adults with a range of needs]

[Image: PA assisting individual on computer]

[Image: PA attending performance or cinema with young child, holding popcorn]

Working with all sorts of individuals, PAs can provide support at home, at work, or during leisure time.

[Image: Lounge with bookcases and sofa. Family with children on sofa, 2 PAs in lounge]

[Text: It's really flexible. Employing their own teams]

It's really flexible with those being supported and their families directly employing their own teams.

[Image: PA driving individual in car]

[Text: Making a difference]

[Image: PA visiting individual in hospital, doctor at bedside]

[Text: Real job satisfaction]

Making a difference is something PAs are able to do every single day, giving real job satisfaction.

[Image: PA and individual in pool with beach ball]

[Text: Working days are really varied]

[Image: PA with individual on laptop]

[Text:] Active careers

Working days are really varied and PAs support all sorts of activities and interests as well as those pursuing active careers.

[Image: PA assisting individual with personal care, individual in bath]

They can also help with personal care-

[Image: PA putting washing in washing machine]

[Image: PA walking dog]

-household tasks and even pet care.

[Image: PA and individual in wheelchair gardening raised beds]

[Image: Social event with group of people listening to music and dancing]

[Text: Roles and responsibilities are as different as those being supported]

But as every PA supports the specific needs of those they are working for, roles and responsibilities are as different as those being supported.

[Image: Map of the UK, close up zoom into County Durham with county boundary marked. Care Academy logo]

[Image: Laptop with Care Academy website on screen. People in the community queuing.]

[Text: Online. Community]

Full initial and ongoing training is provided through the Care Academy across County Durham, both online and in your community.

[Image: PAs socialising outside with each other]

[Text: Help is always there when needed]

Being part of a great team of PAs means that help is always there when it's needed.

[Image: Individual in hospital, PA assisting]

[Text: Helping with health and medical needs]

Helping with health and medical needs can also be an important part of the role of some PAs.

[Image: PA bringing medication to individual working on their laptop. Children's drawings on wall]

[Text: Healthy. Working to improve their health. Helping to manage medication]

Whether that's keeping someone healthy, working to improve their health or helping to manage medication.

[Image: Logo Care Academy.]

[Text: Pay and employment conditions are excellent]

Pay and employment conditions are excellent.

[Image: PA with own family at home on sofa]

[Image: PA shopping]

[Text: Personal interests]

[Image: PA reading]

[Text: Study]

And the flexibility of PA roles mean that many make them fit around their own personal commitments.

[Image: Nine images: Eating, working, attending cinema, driving, bedside care in hospital, swimming, personal care, gardening, working]

What makes a great PA is the ability to develop a strong and trusting relationship with their individual employers while helping them to live the life they want to.

[Image: Central image flips to logo County Durham Care Academy]

If you would enjoy being a personal assistant you don't need experience or qualifications but you do need a caring nature, a willingness to learn and to work as part of a team.

Contact the Care Academy to find out more.

County Durham Care Academy

[www.careacademy@durham.gov.uk](mailto:www.careacademy@durham.gov.uk)

[www.durham.gov.uk/personalassistants](http://www.durham.gov.uk/personalassistants)