

Job Description

Title: Care Worker/Care Assistant & Exercise Support

Salary: London Living Wage

Reports to: Field Supervisor

Hours: The post is offered on a zero hours contract working including weekends

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 by assuming the caring role for an agreed period of time in order to allow the Carer to take a break.

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.

Key responsibilities and accountabilities:

At Home Care

To carry out such tasks as the individual client’s care plan requires, including the following:

- Prompting with prescribed medication.
- 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 care plan in the absence of the spouse, partner or other usual carer.
- 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.

- To carry out any procedures which the care plan may require, and which are not detailed elsewhere in this job description, and which the regular carer would usually carry out.
- To assist the client with eating and drinking where necessary.

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-centred 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 procedure.
- To contribute to service improvement and quality assurance of service.
- To abide by Age UK Kensington & Chelsea's employee handbook.