

# Being a personal assistant a rewarding career

## Tuija and Charlotte

Tuija and Charlotte are personal assistants for Sheena, who has advanced dementia. They support her to live in her own home by:

- Ω helping Sheena get out of bed
- Ω assisting Sheena to get a shower and get ready on a morning
- Ω making Sheena's meals and assisting her to eat them
- Ω helping Sheena go to appointments such as the hairdressers and opticians
- Ω keeping Sheena company whilst watching TV
- Ω supporting Sheena with her mobility by using a hoist and wheelchair
- Ω helping Sheena go out into the local town
- Ω staying over when Sheena's family goes away on holiday.

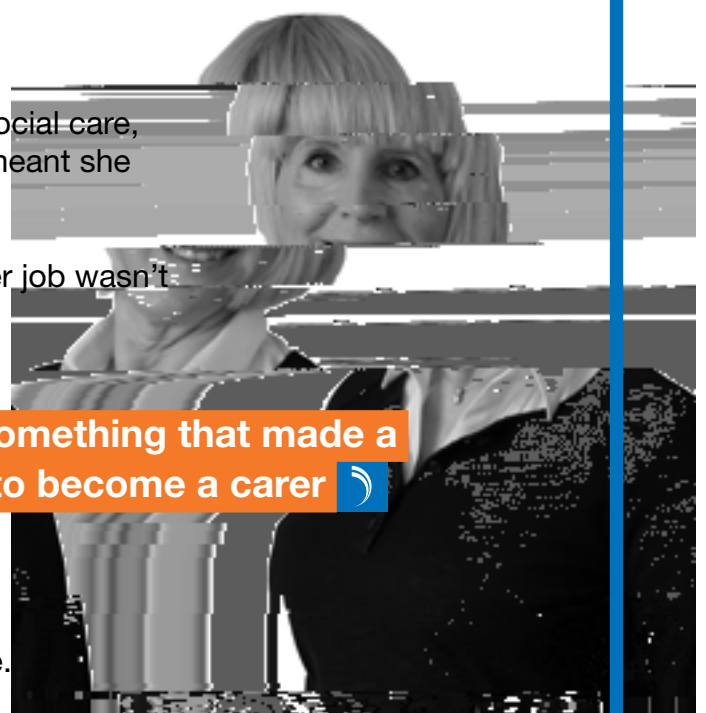
### Getting into social care...

Tuija had no previous experience of working in social care, but her values, attitude and passion for the job meant she was successful in getting her role as a PA.

Tuija worked in the city for 25 years but found her job wasn't fulfilling what she really wanted to do. She says:

**When I turned 60 I decided to do something that made a difference and that's when I decided to become a carer**

Charlotte had worked in a caring role previously. After becoming a full time mum, she decided to become a PA because of the flexibility of the role.





## Why they love being a PA ...

