

What's great about working as a carer in the community for Carewatch?

- A job that fits in around the school run
- Lots of variety
- Feeling that you are making a difference to people
- Helping people to retain independence and stay in their own homes
- Providing personal care support to people who cannot be as independent as they would wish to be
- Receiving ongoing training as part of the job
- Feeling supported by regular supervision
- Being able to complete QCF training and gaining a qualification
- Feeling valued as part of a team
- Flexible working hours
- Knowing that I can progress with this job and that there are opportunities for promotion to other positions within Carewatch, e.g. supervisor

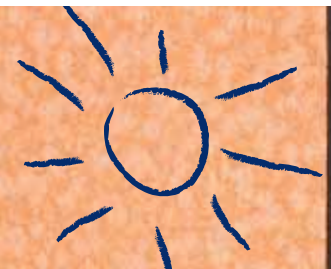
To find out more about becoming a Carewatch carer please visit our web site at: www.carewatchessex.co.uk

or phone Tracy on 07717 367085

email: recruitment@cw-southend.co.uk

My diary...

a week in the life of a
Carewatch Home Carer





I love my job
as a home carer.

It is never a dull moment as every day is different.
This is a very responsible job as the people that I support depend on me and it is extremely important that I continue to be reliable and conscientious.
I love the variety and flexibility of the job.

At the moment I am working about 25 hours per week but when I started I only did 15.

As my children grow up and become more independent I can alter my working hours to suit my needs.



Monday -

Have 6 visits starting at 7.30am with Elsie who has been very unwell recently. She can be tearful so I must try to be cheerful for her whilst getting her washed and dressed.

Tuesday -

The alarm goes off at 7am and I get my children ready for school. I start a bit later today at 8.45am after dropping off Samuel, my youngest at school. I have 4 early visits today plus a respite care visit. Then it's straight to my lunch time visits where I will microwave meals for 3 people. I will also assist them to go to the toilet and provide any personal care needs. I must also remember to check that Mary's commode has been fixed. I will finish at 2.45pm, just in time to pick up Samuel from school.



Wednesday - It's my day off today.

Thursday -



I do an evening shift on Thursdays.

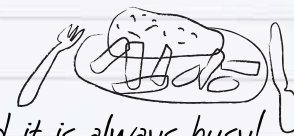
It's nice to see my regular people the otherend of the day and help them to get ready for bed. I make sure that they are clean and comfortable and either in bed if they are highly dependent or ready for bed if they are able to get in themselves. I completed some Moving and Handling (of people) training this afternoon. This is a refresher course and is updated each year so that my skills and knowledge are current. This training means that I have the skills needed to make sure that I can assist a person with moving safely without harm to either myself or them. It is so important to make sure that I complete all the training needed to be able to complete my tasks safely and it is great that my employer invest in me as an individual. It certainly has been an interesting day.



Friday -

Early start today as the office rang and asked me to help out due to sickness. My mum has agreed to take Samuel to school and this means that I am able to start my visits at 7.30am. Elsie has been very unwell during the night and I need to change her bedding and attend to her personal needs. I also alert the 'on call' team so that they can arrange for a doctor to visit her.

Saturday -



I work alternative Saturday mornings and it is always busy! I start at 7am and finish at lunchtime. One task today was to pop to the fish and chips shop to get Fred his regular Saturday cod and chips. It's the highlight of Fred's week.