

Care in Scotland it's life changing work

Stacey Reid, Personal Carer

"You need to be strong and not faint-hearted but there is great job satisfaction when you know you've done a good job."



Read Stacey's story about providing personal care to older people in their own homes.

What type of service do you work in?

I work in Falkirk Council's care at home service, we support (mainly older) people to be able to remain in their own homes by providing short visits with the level of support they need.

Have you always worked in social services?

I've worked in social care for nine years.





Can you tell us more about your job?

As a personal carer, I work 36.5 hours each week and visit people in their own homes in the community. I check their personal plan when I go in to their home to make sure I'm providing the correct level of support. I help with personal care, prompting medications, help with breakfast and lunch preparation and sometimes helping someone to change their position for their own comfort. I work as a member of a team of about 15 personal carers and I support a variety of people over the week. The support I provide is all aimed at helping to promote independence and to enable people to live at home for as long as possible.

Who else is in your team?

There are a number of personal carers, two senior carers, a social care officer and a home care manager. There's also resource coordinators who schedule the calls on the system and link that with our smart phones.

What part of your job motivates you and why?

Being able to help people who may have no other contact throughout the day. It's nice to have a chat about things as well as providing the support needed.

What are the challenges, good and not so good that you face in your job?

Fitting in extra calls can be a challenge if they are in different areas – I need to make sure I have time to travel. It's really good though and I see lots of different people.

In what way is your career in social services rewarding?

Just the fact that by providing the support I'm helping people to stay in their own home. And also being a friendly face, it makes their day better and I like that.


Has your job opened up new learning and development for you?

I have achieved my SVQ level 2 but have also done things like moving and handling training, health and safety, protection of vulnerable groups, data protection and other in service training.

How do you see your career progressing?

I always try to improve how I work, I started as a traditional home help and then progressed to personal carer. I hope to progress my career within this service.





What would you say to someone thinking about a career in social services?

Make sure you're committed because you care and not for the money. You need to be strong and not faint-hearted but there is great job satisfaction when you know you've done a good job.

Is a career in care the career for you?

Try our interactive resource, **A question of care: a career for you** to see what a career in care is like. At the end you'll receive a detailed personal profile that tells you if you've got what it takes to join us!

You can hear from people already working in social care, early years or social work as they talk about why they love their job and what a difference they make to someone's life. And find out about the many different types of jobs and areas you can work in.

For more information on careers in social services visit sssc.uk.com

For more job profiles from across the social service sector visit ssscnews.uk.com

