

# Personal Assistant Details



**PERTH &  
KINROSS  
COUNCIL**

**Housing &  
Community Care**



**Jessie McGowan**

**Address: Auchterarder**

**Daytime Phone: 07455 072248**

**Mobile: 07455 072248**

**Email: jessiemcgowan22@gmail.com**

**Are you a member of the Protection of Vulnerable Groups (PVG) Scheme? If so, what is your reference number:  
Yes - 1306 2729 4326 0306**

**Do you have a valid driving licence? If so, do you have use of a car?  
Yes and yes**

**What support can you provide?  
Personal Care  
Social Support  
Accompanying to events/ appointments etc.  
Domiciliary**

**See the next page for details of availability, experience and interests...**

**How many hours are you available for?  
(Up to) 30 hours**

**When are you available?**

**Tuesday (Negotiable)  
Wednesday (Negotiable)  
Thursday (Negotiable)  
Friday (Negotiable)  
Saturday  
Sunday  
School Holidays  
Public Holidays  
Sleepovers**

**What specialist skills or experience can you offer?**

**I have 28 years of experience as a carer and 4 years as a Senior Carer with Perth & Kinross Council working in care of Elderly Adults. I have been trained in Moving & Handling, Palliative Care, Dementia, Continence Management and Personal Care, Medications, Health & Safety, Food Hygiene, First Aid, improving communications, and social interaction.**

**What are your hobbies and interests?**

**I enjoy walking, shopping, day trips, reading books, listening to music, crosswords, attending concerts/theatre. I enjoy DIY and maintaining some gardening tasks.**

**If you are aware of anything different to what is stated above, email [hccinfo@pkc.gov.uk](mailto:hccinfo@pkc.gov.uk)**