

Personal Assistant Details



**PERTH &
KINROSS
COUNCIL**

**Housing &
Community Care**



Irma Brown

Address: Luncarty

Daytime Phone: 01738 828506

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**Are you a member of the Protection of Vulnerable Groups (PVG) Scheme? If so, what is your reference number:
Yes - 1208 1095 2397 0878**

**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 Support
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?

20 - 30 hours

When are you available?

Monday - 8am to 10pm

Tuesday - 8am to 10pm

Wednesday - 8am to 10pm

Thursday - 8am to 10pm

Friday - 8am to 10pm

Saturday - 8am to 10pm

Sunday - 2pm to 10pm

Available for Public Holidays

Available for sleepovers

What specialist skills or experience can you offer?

I am trained. e.g. in Mental Health. I worked for 20 years with Perth and Kinross Council, supporting adults in the community to live as positive and independently as possible.

I am good in coping with stress and calmly deal with difficult situations.

I facilitated mindfulness and relaxing training and practice at home.

I have cared for three close family members.

I worked as a coach in a residential home in the past.

I have also had my own part time business in wellbeing - offering hand, foot and head massages.

I would cover Luncarty, Perth (North), Stanely, Murthly, Spittalfield And Bankfoot.

What are your hobbies and interests?

I love gardening and walking, connecting with nature helps relax and appreciate the colours of the changing seasons.

I love cooking and baking and sharing meals with family and friends.

I love doing new things and learning something different. At the moment I am learning to juggle. Also reading, watching film and getting a massage.

If you are aware of anything different to what is stated above, email hccinfo@pkc.gov.uk