

# Becoming a personal assistant & The Personal Assistant Register

[www.milton-keynes.gov.uk/paregister](http://www.milton-keynes.gov.uk/paregister)



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## What is a Personal Assistant?

A Personal Assistant, or PA, is someone who assists a person who has care or support needs in their own home and local community.

Most PA's are directly recruited and employed by the person that they are assisting although some PA's work on a self-employed basis.

As a PA, you will help the person you work for to live their life as they want to, this may include tasks such as:

- **Helping with personal care (washing, using the toilet or bathing)**
- **Preparing food and drinks**
- **Assisting with shopping or paying bills**
- **Helping someone access social or leisure activities**
- **Taking medication**

## What are the benefits of working as a Personal Assistant?

As you would be working with an individual, your work pattern is agreed between you and the person needing your support so this may fit well around other responsibilities you may have.

The work you do will be unique to you and the person you are supporting, this means no day is likely to be the same. The type of support you offer is up to you, there may be opportunity to use your current skills and interests as well as chance to learn something new.

## How can I become a personal assistant?

Anyone can offer their services as a Personal Assistant.

If you think this type of work might be for you then you can apply to be registered on the Milton Keynes Council Personal Assistants (PA) Register.

We will help you to access training and complete a Disclosure and Barring Service application.

There will be advice and guidance available for you to access to ensure your profile is clear and up to date.

Once your profile has been agreed and posted on the web site potential employers will be able to see your profile and this will boost your chances of getting the type of work you want.

Please contact us for more details and to make your application.

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