

A Day in the Life of an Ava Directs Personal Assistant

- 1** You'll work directly with **one or more individuals** to help them with various aspects of their daily life, **assisting them to live as independently as possible**
- 2** You'll be **employed directly by an individual**. They manage and pay for their own care through a direct payment or personal budget
- 3** Personal assistants usually **support individuals in their own home**

Your role might include...

Organising and supporting individuals with their social and physical activities



Booking and going with individuals to appointments



Helping them get to work, college or university



Helping with personal care for example showering and dressing



Supporting with tasks around the house like cleaning and cooking



Helping them with shopping



Monitoring their health, for example temperatures and administering medication



In the morning you could be...

- Helping an individual get washed, dressed, and ready for the day
- Helping an individual make breakfast
- Helping an individual to travel in to work



In the afternoon you could be...

- Helping an individual around the house like cleaning
- Helping an individual go out shopping
- Helping an individual to get to an appointment



In the evening you could be...

- Helping an individual with their medication
- Helping an individual have dinner and get washed ready for bed

Interested in becoming a Personal Assistant with Ava Directs?

Find out more at:
www.useadam.co.uk/ava-directs/

