

Personal Assistant Details



**PERTH &
KINROSS
COUNCIL**

**Housing &
Community Care**



Helen Rosemary Thomson

Address: Kinross

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Are you a member of the Protection of Vulnerable Groups (PVG) Scheme? If so, what is your reference number:

Yes—2000 0000 1483 674

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?

25

When are you available?

**Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
School Holidays
Public Holidays
Sleepovers**

What specialist skills or experience can you offer?

I have 13 years experience in social care, and 2 years of private personal care. Excellent training in first aid, dementia, palliative care, personal care, food, nutrition and hygiene, medication, health & safety, risk assessments, infection control, and moving & handling, amongst others. Excellent communication skills and have worked with people of all ages. I have experience of working with others; doctors, nurses, OTs, police & paramedics.

What are your hobbies and interests?

I enjoy reading, hill walking, cycling, walking my three dogs, and spending time with my family and grandchildren. Furthermore, I am interested in cooking and love trying out new recipes.

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