Dòchas Carers Centre SCIO
Supporting Unpaid Carers

Job Description: Sessional Support Worker

Position: Sessional Support Worker
Location: Kintyre or Mid Argyll
Hours: Sessional / variable
Hourly rate: £13.66
Contract: Sessional
Responsible to: Respite Coordinator

About the Organisation

Dòchas Carers Centre is dedicated to supporting unpaid adult carers by providing practical support, information, opportunities for connection and services that improve wellbeing across Mid Argyll, Kintyre and the Islands.

Role Purpose

Sessional Support Workers deliver personalised, activity based short breaks for the person being cared for, enabling unpaid carers to take time away from their caring role. The role focuses on meaningful engagement, companionship and wellbeing, **not personal care**.

Key Responsibilities

Direct Support & Activity Delivery

- Deliver one-to-one or small group activity sessions with cared for adults
- Support engagement through conversation, creative activities, gentle outings or home-based activities
- Follow individual activity plans agreed with the carer and coordinator
- Promote dignity, independence and wellbeing

Communication & Reporting

- Complete session records and weekly impact notes
- Record what activities took place and how the person engaged
- Inform the coordinator of any concerns or changes

Boundaries & Safety

- Work within agreed boundaries (no personal care or medication administration)
- Follow risk assessments and lone-working procedures
- Promote safeguarding at all times

Professional Standards

- Attend required training
- Maintain confidentiality
- Represent Dochas Carers Centre positively in the community

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Person Specification

Skills & Experience (Essential)

- Experience supporting adults in a caring, community or wellbeing role
- Good communication and listening skills
- Reliable, flexible and trustworthy
- Ability to build positive relationships
- Full UK driving licence.
- Access to a vehicle for work purposes.
- Business use motor insurance.

Desirable

- Experience of activity based support
- Understanding of unpaid caring roles
- Dementia awareness (training provided)