



Claire Barras
Senior Support Worker

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Base: Penrith



Professional Qualifications

NVQ Level 3 Health and Social Care
A1 Assessors Award NVQ Level 3 H&SC

Professional experience - background

I have over 16 years' experience working with children and young adults with complex neurological conditions as well as working with behavioural, emotional, learning and mental health difficulties. My experience was predominantly working in residential settings prior to joining A Chance for Life Ltd, where I encouraged and advised clients to make decisions about their life and supported them with developmental and health needs.

I have been responsible for keeping care plans, individual case management plans, health plans and educational documents up to date and ensuring everyone involved with the cases knew their role and responsibilities. This was always done in conjunction with the clients and, where this was a child, ensuring use of child friendly language.

Additional to key working and support working, I was the health and safety officer for the residential unit ensuring policies, risk assessments and first aid were all in place and up to date and being responsible for ensuring the team were fully aware of their own responsibilities within this team.

I successfully completed the A1 Assessors award which enabled me to take on additional duties supporting colleagues to complete their NVQ and develop in their roles.

Professional experience - current

Senior Support Worker

I have been employed as a support worker and acting Team Leader for A Chance for Life Ltd for 5 yrs. Working as part of a team in assisting a client within their family home fulfilling their daily care needs such as bathing, changing, feeding, social needs and daily physiotherapy. During my time as acting Team Leader I was responsible for supervisions, rota and organising the team and activities for the client.

In December 2017 I was promoted to Senior Support Worker where my role has taken me from working with one client to helping across several teams in the company. My role is primarily to support other support staff within the company and to ensure training and standards are met across all our staff alongside our Care Coordinator. This involves providing support workers with supervisions and ensuring we meet CQC standards by keeping training of support workers up to date. I oversee and ensure all relevant training is booked and training records are kept up to date. Alongside the Care Coordinator, I assist with Initial Assessments for potential clients and liaise with the client and their family to identify their needs, expectations and requirements with regard to their support package. I also assist in putting forward a support package proposal to funders. Following this, I actively take part in the recruitment process for support for clients and filter applicants with the required skills and experience. Following successful recruitment, I ensure staff are provided with a comprehensive Company Induction which includes Health and Safety, Fire Safety and Manual Handling awareness. I work closely with clients to ensure we provide a person-centred approach to their support requirements. I assist in the management of clients' support packages and attend Review meetings, MDT meetings and Goal planning meetings. I contribute to and am responsible for completing Risk Assessments and Support Plans, always ensuring I have the client's full involvement

My future aim is to complete my NVQ Level 5 in Health and Social Care and deliver a selection of training within the company.

Career Positions

Dec 2017 – Present	Senior Support Worker - A Chance for Life
Dec 2012 – Dec 2017	Support Worker and Acting Team Leader - A Chance for Life
Jun 2007 – Dec 2012	Residential Support Worker/A1 Assessor - Wilderness Experiences
Jan 2004 - Jun 2007	Residential Support Worker - Keys Group

Summary of Continued Professional Development attended in past 2 years

2017	Moving & Handling Safeguarding Adults & Children Basic Awareness Challenging Behaviour and Brain Injury Understanding Brain Injury, Insight & Psychological Adjustment
2016	Medication Training Epilepsy Awareness and Buccal Midazolam Training
2015	First Aid Level 2

Previous key training undertaken:

Autistic Spectrum Disorders Awareness Level 1
Acquired Brain Injury
Childcare Law
Crisis Prevention Intervention
Risk Based Practice in Residential Child Care