

# What is a Personal Assistant (PA) or Micro Provider?



## About PA's & Micro Providers

A Personal Assistant (PA) or Micro Provider is someone who provides one-to-one support to help you live as independently as possible. A PA/Micro Provider works with you to meet your personal needs and preferences, providing practical help, emotional support, and assistance with everyday tasks. The role is flexible and tailored to each individual, depending on what support they need.

The support a PA can provide includes, but is not limited to:

- **Personal care:** Helping with washing, dressing, mobility, and other personal care tasks.
- **Daily living tasks:** Preparing meals, helping with shopping, laundry, and household chores.
- **Appointments and activities:** Supporting you to attend medical appointments, social activities, or community events.
- **Companionship and social support:** Providing company, encouragement, or help to engage in hobbies and interests.
- **Managing routines and administration:** Assisting with organising daily routines, medication reminders, or simple paperwork.

A PA can work in different ways depending on the person's needs and how they are employed or engaged:

- **Employed PA:** You employ them directly, set their hours, and they are entitled to employment rights such as holiday pay, sick pay, and pension contributions.
- **Casual worker:** They work flexible or irregular hours as needed, and have some employment rights like minimum wage and holiday pay, but fewer protections than a regular employee. They also have the right to refuse work.
- **Micro Provider (Self-employed PA):** They provide their services independently, manage their own schedule, invoice for their work, and are responsible for paying their own taxes.

PAs and Micro Providers play a vital role in supporting independence, choice, and control. They help you to live the life you want, providing the right level of support at the right time. By working closely with a PA, you can gain greater freedom in managing your daily life, maintain dignity, and access opportunities that might otherwise be difficult to manage alone.