



Want to live and work in a L'Arche house?

Being a live-in assistant in L'Arche means:

- sharing your daily living with adults with learning disabilities
- being a care and support worker in a professional organisation

It means committing yourself to a way of life that is rewarding and demanding, that requires hard work and personal commitment. It is also a source of personal development, growth, enjoyment and fun. Many assistants build lasting friendships and relationships. It is a place where people of great diversity of nationality, age, ability and faith background live together. L'Arche offers a unique experience of human relationships in an environment where everyone's gifts are valued.

Are you interested? Read on!



Daily Life

The assistant at L'Arche shares his or her daily life with people with learning disabilities, and with other assistants who may have come from all over the world.

Assistants live in a home where he or she eats, sleeps, relaxes and works. In L'Arche Edinburgh there are two houses each with 4 people with learning disabilities and 6 assistants. There is also a flat where 1 person with learning disabilities lives supported by a team of 3 part-time assistants. There are individualised community-based day programmes in L'Arche Edinburgh rather than a workshop. The Community is integrated into the city.

Assistants have 2 free days per week, several hours free time per day and 5 weeks holiday per year in their first year, rising to 7 weeks in the 2nd year.

The assistant at L'Arche is a member of a team whose primary role is to ensure that the person with a learning disability is 'at home' and is provided with care and support that meets their needs and enables their personal growth and fulfilment.

The team ensures that:

- The home is clean, safe and hospitable
- The home should offer to all a sense of wellbeing, a place for personal growth and positive communication.
- People with learning disabilities are supported, according to their needs, with their personal care and daily living needs.
- People with learning disabilities are supported, according to their wishes, to participate in social activities outside the house
- People with learning disabilities are encouraged to maximise their level of independence

Each team members is expected to:

- Take an active part in the organisation and life of the home – cooking, cleaning, shopping etc
- Participate in meetings in a spirit of co-operation and openness
- Participate in the life of the wider community at monthly gatherings and other events

What does L'Arche provide?

- a rich experience of living and working in one of the houses with people with learning disabilities and a diverse group of assistants
- training in both care and community building including first aid, food hygiene, safe moving and handling, health and safety, spirituality and community, person-centred practice, approaches to challenging behaviour, personal care, team work.
- the opportunity to study for SVQs and other nationally recognised qualifications
- pastoral care and personal support through regular meetings with your house leader and a separate mentor – an accompanier - with more experience of community life
- spiritual development with opportunities to attend retreats
- opportunity to integrate your faith life with your working life
- the opportunity and support to take on responsibility in line with your skills and desires
- a thorough review process which helps you to develop your intellectual, spiritual and personal maturity
- insurance cover
- regular time off
- living in a beautiful capital city, as well as being close to the Scottish countryside
- an employment reference at the end of their completed commitment
- full-board, accommodation and food, together with a weekly allowance of around £60 a week in your first year

Being an assistant is a job and a way of life.

How long can I come for?

We generally ask assistants to come for a minimum of one year to the Community. In practice, many choose to stay for longer. However, there are some opportunities for people to come for a shorter period of time. We cannot accept anyone for less than 3 months.

How do I apply?

If you apply and we are interested in considering your application further, you would be invited to visit for a few days to find out more about the life of the community, and to be interviewed. There is then a 3 month trial period with regular reviews. At the end of this

period the assistant and the community decide whether or not the assistant is ready and willing to commit to the community. Contact [the office](#) if you would like to apply as an Assistant and ask for an application form. Or telephone **0131 553 3478**.