

Social care

A rewarding career



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What is social care?

Providing personal and practical support to help people live their lives.

Supporting individuals to maintain their independence and dignity, and to make sure they have choice and control.

The types of places you may work

Care Homes

In care homes 24 hour care is provided by a team of staff. Care homes can range in size and you will work as part of a team.

Some of the tasks may include:

- Helping people with activities, hobbies
- Serving and helping with meals
- Personal care
- Talking to people, keeping them company

In care homes you will normally be based at one home giving you the opportunity to get to know the team you work with as well as the people who live there.

In some care homes the care provided will include nursing care and the team you will work with include nurses.

Working in a care home means you can have set hours each week or be on their casual staff list so pick up shifts as and when you are needed/available.

Domiciliary Care/ Home Care



You will work with a variety of people, delivering care in their own homes. What you do will vary based on who you are working with and might include:

- Helping with light domestic duties
- Serving meals and doing some shopping
- Personal Care
- Administer medication
- Getting them up in the morning or help them get into bed

This is a great role to help support people live independently in their own homes for as long as possible.

It's also a great option if you like to work independently.

Supported living service



Supported living services are where the people who live in the service there have their own programme of support. This can be 24 hrs a day but can also be less depending on the needs of the person.

Supported living services can varied in size, sometimes it will be a group of flats within one building; sometimes it will be just one person with a team to support them. You will work as part of a team.

Some of the tasks may include:

- Supporting the person to cook their own meals
- Support people with learning new independent living tasks
- Support the person with their personal care
- Helping people with activities and engage with the local community.

In supported living services you will part of one team giving you the opportunity to get to know the team you work with as well as the people who you support.

It's a great option if you like to support people to develop and if you like going out in the local community.

Myth busting

Let's bust some common myths about
working in social care

**It's all about
working with
old people**



It's all about
working with
MYTH
old people



You can work with...

- Older people
- People with a physical disability
- People with a learning disability
- People with mental health needs
- People with a sensory impairment
- People with drug and alcohol dependencies





**It's just a job
where you do
personal care and
feed people!**

*I care...
Ambassadors*



I care...
Ambassadors

Care Assistant

Care assistants are either based in service user's homes or in care homes. The type of work does vary depending on the service users and the environment. The goal is to care **for** and support

Some of the duties include:

- Help with getting up or going to bed

- Serve meals

- Assist people to take part in activities and hobbies

- Personal care

- Socialising with them

Support worker/ personal assistant



Support Workers/Personal assistants are similar to Care assistants but there is more of a focus on independent living for their service users.

They can work in a residential home, supported living or may work for individuals in their own home.

In addition to the Care Assistant duties they may also:

- Provide help organising and attending appointments
- Assist with processing bills or help with housing and advice
- Help service users learn new tasks
- Support the person to get out and do things they enjoy.

**Working in
care's just a
dead end job**

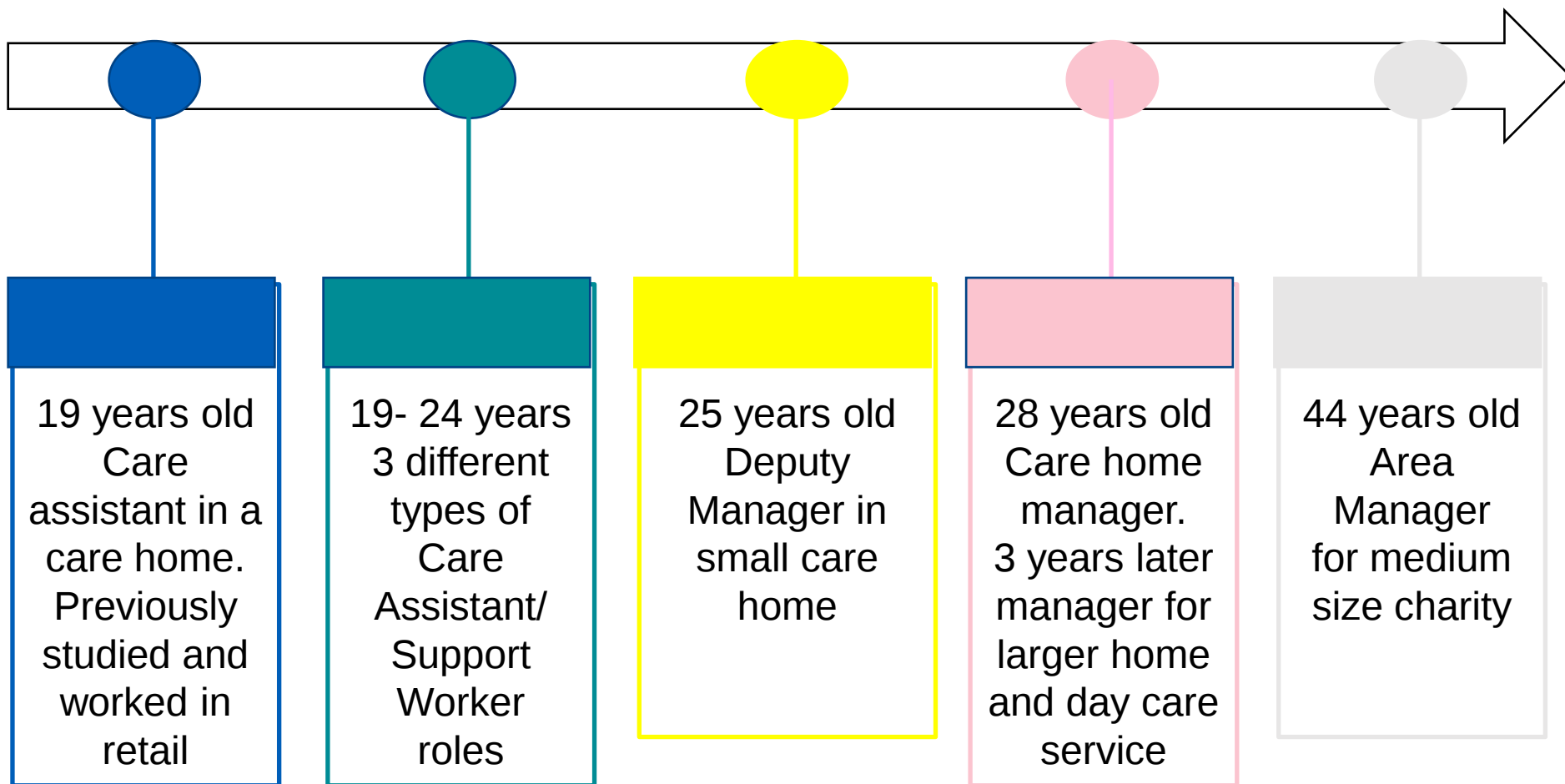


*I care...
Ambassadors*



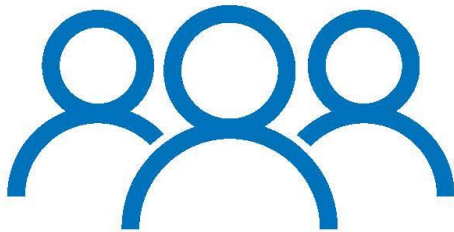
I care...
Ambassadors

Career pathway



Social care: a rewarding career for you

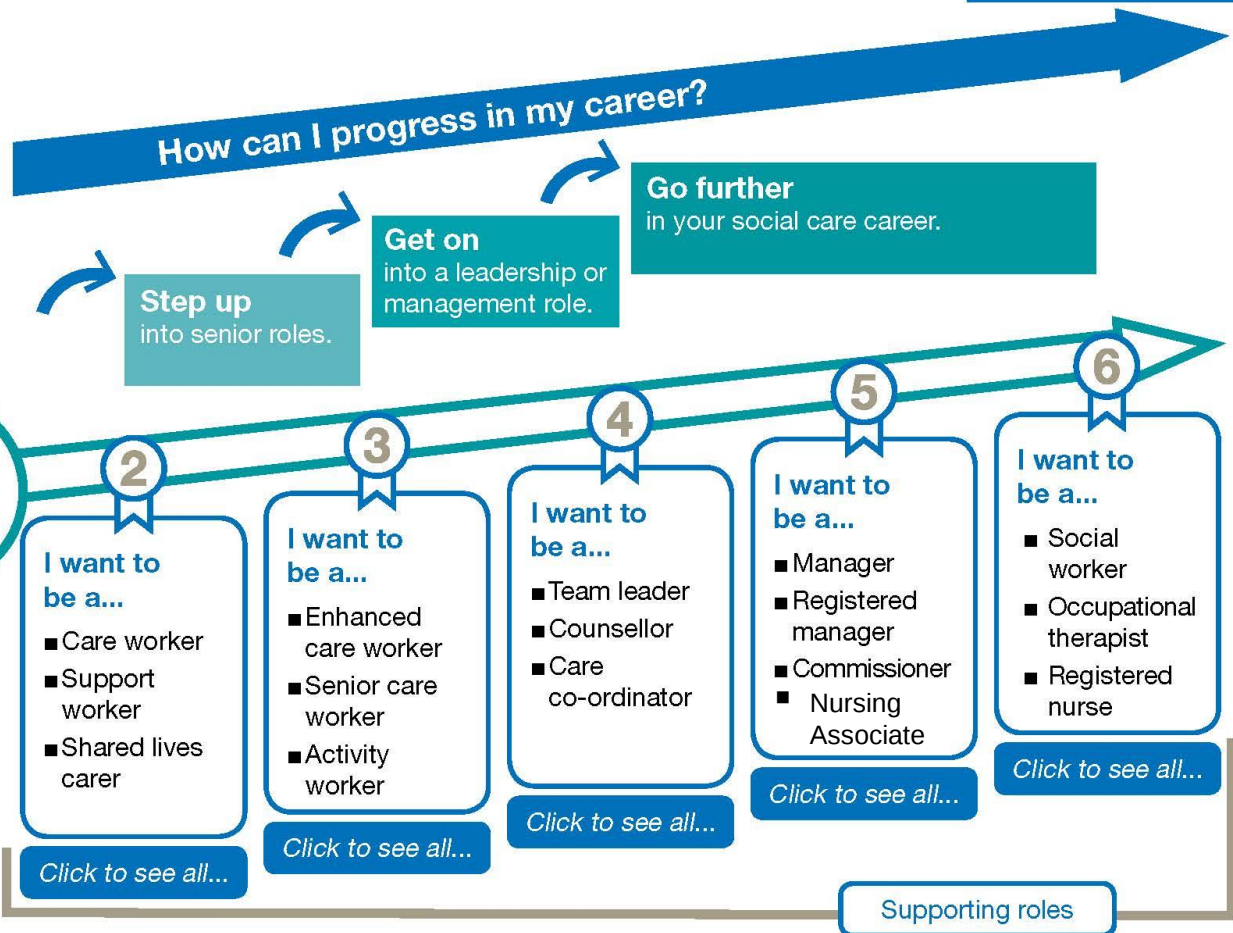
Why choose a career in social care?



Maintaining dignity and respect
Working with others
Willing to learn
Committed to good care
Good listener



Click here to get started



Download it from www.skillsforcare.org.uk/rewardingcareer

Apprenticeships

You can apply for an apprenticeship if you're:

- over 16 years of age
- living in England
- not in full time education
- Apprenticeship roles:
 - Care worker
 - Administrator
 - Community worker
 - Nursing Associate
 - Social Worker
 - Nurse

Contact your local college to find out more!



Case study: Millie Davey

Watch her video <https://vimeo.com/135353600>

Millie started working in social care as an apprentice.

She works in a residential home as an apprentice support worker and care ambassador.

As part of her apprenticeship, she has a varied role, as well as completing a qualification and developing her skills.



Working in social care is a fulfilling and rewarding career

No two
days are
the same

Job
Security

Career
progression
opportunities

Team Work

A job
that really
matters

Flexibility

Varied

Choice

Sociable

I think it's probably the only job I've ever done where I go home at the end of the day and I feel like I've really done something. You're faced with new challenges every day and you know the smallest thing that you might do for somebody may totally make their day.

Domiciliary Care Worker, Skills for Care study on Rewards and Incentives in the Care Sector.





Is adult social care for you?

You don't necessarily need qualifications or experience to work in social care. What's really important is your values and attitude. Take our short quiz and see if social care is the right career for you

www.everydayisdifferent.com/could-you-care-quiz.aspx

Think Care Careers



The Skills for Care online hub has everything you need to know about working in social care.

- What is social care?
- What type of person you need to be to work in social care
- Different job roles you could do in social care and how you can progress
- How you can get into social care, including apprenticeships

www.skillsforcare.org.uk/thinkcarecareers





Thank you