

Careers Information

Job title: **Care Assistant**

Support Worker/Care Assistant/Healthcare Assistant

Entry requirements

There are no set requirements, but you'll find it useful to have some experience in a caring role. This could be personal experience of caring for someone you know, or voluntary work with an organisation that supports vulnerable people.

You'll be working with children or vulnerable adults, so you'll need [Disclosure and Barring Service](#) (DBS) clearance.

You could get into this job through an [Apprenticeship](#).

If you work in adult social care in England, you'll be expected to take part in a 12-week induction program provided by your employer.

Within 6 months of starting in children's residential care, all newly employed care workers must either have, or working towards, a minimum level 3 qualification.

Skills required

You'll need:

- The ability to relate to people from a wide variety of backgrounds
- The ability to communicate with tact and sensitivity
- The ability to remain calm under pressure

What you'll do

Your day-to-day duties may include:

- Getting to know clients, their interests and their needs
- Helping clients with daily personal care such as washing, dressing, using the toilet and feeding themselves
- Carrying out general tasks such as housework, laundry and shopping
- Helping clients manage their budget, pay bills and write letters
- Helping families get used to new caring responsibilities
- Working with other health and social care professionals to provide individual care and development plans
- Helping to organise leisure activities
- Going with clients to and from a residential home

<https://www.healthcareers.nhs.uk/>

Working hours/patterns/environment

You'll be helping people in their own homes or in sheltered housing, day centers or nursing homes.

You may work part-time, over weekends, in the evenings or on shifts. Depending on your role you may be expected to stay overnight on a rota basis, or live in.

Career path and progression

You could progress to a more senior role, managing people or services.

Relevant courses

Directly relevant:

Health and Social Care

- Level 2 (new to role)
- Level 3 (after 1 years work experience and if keyworker)
- Level 4 (Senior Care Worker with some management responsibilities)
- Level 5 (Working in a management role and managing staff)

Most employers will offer in-house training in First Aid, Manual Handling and Health and Safety.

Other related and useful courses:

- Counselling Qualifications
- Mental Health First Aid

Courses/Training Providers include:

Southend Adult Community College.

GATE WAY SUCCESS LTD.

SOUTH ESSEX COLLEGE.

SEEVIC

HARLOW COLLEGE.

CHELMSFORD COLLEGE.

THE LIGHT BULB LTD - Basildon.

Useful links for more information on career options and updates in Care Work

<https://nationalcareersservice.direct.gov.uk/job-profiles/care-worker>

<http://www.skillsforcare.org.uk/>

<https://www.healthcareers.nhs.uk/>

<https://www.indeed.co.uk>

<https://www.theguardian.com/careers>

Employment Opportunities and Job Roles within the SE Essex area include:

Residential care centres, Hospitals/Healthcare Centres, Community and homecare.

Age UK.

Runwood Homes.

Vibrance Care.

Carers Choices.

Basildon Council.

Essex County council.

Care Co.

John Stanley's Care Agency.

Ashley Care

Homes Instead