

What is adult social care?



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 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 Care Homes 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

Most often, you will need your own transport to get to peoples homes. This is a great role to help support people live independently in their own homes for as long as possible.

This is a great option if you need flexible hours as often visits are for 30 minutes to an hour, so you can fit them round your day. Its also a great option if you like to work independently

Supported living service



Supported living services is often a small home where the people who live 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.

Individual employers

You will be employed directly by a person who needs care and support, and who manages and pays for this through a personal budget or with their own money. This person is your employer (and are often referred to as an 'individual employer').

Tasks will be extremely varied and no two jobs will ever be the same. This is because the individual employer can choose exactly how they want you to support them

Helping with light domestic duties

Personal Care

Support the person with their day to day life- this can be with work, leisure activities and with their family.

This is a great option if you would like to develop a longer term professional relationship the person you support.

Hours can often be flexible.

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

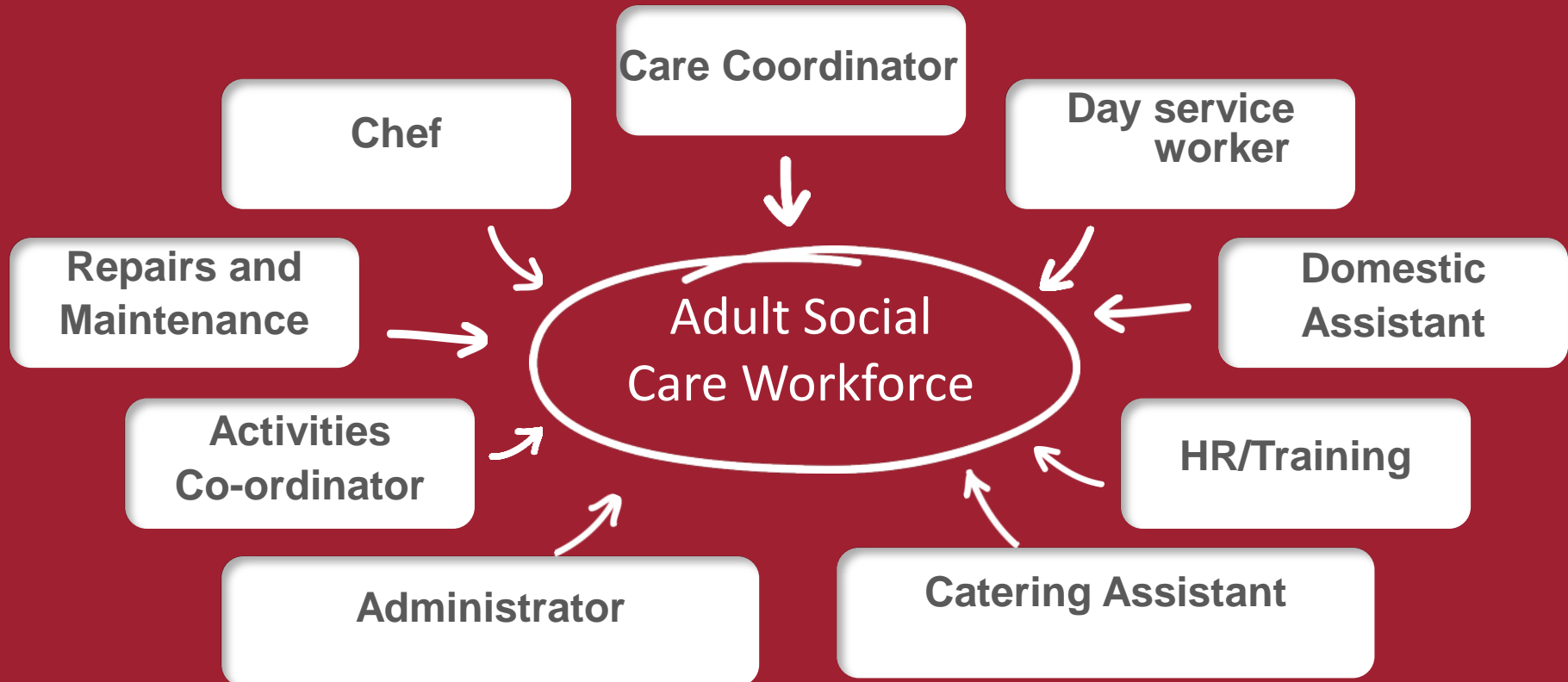
- Assist with processing bills or help with housing and advice

- Help service users learn new tasks

- Support the person to get out and do things they enjoy.

Not all jobs involve personal care!

Job roles include:



**You need lots
of experience**



You need lots
MYTH
of experience



A job in adult social care is for anyone



- You do not need any experience to get a job in care. Social care employers are much more interested in you, your character and personality. It is much easier to teach someone how to do the tasks than to teach them how to be a caring person.
- There are lots of skills you have probably picked up in previous jobs or in your life in general that apply to care roles
- Being polite, kind and helpful to people. If you have done anything involving customer service you will have done this. Looking after kids, making sure they don't get hurt or injured - that is safeguarding.
- Often transferable skills from jobs that are customer facing or involve customer service can be really useful in a job in social care



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



*I care...
Ambassadors*



I care...
Ambassadors

Training and development

Formal qualifications may not be needed to start working in adult social care, however there will be plenty of learning and development opportunities on offer as you progress through your career



New to Social Care



CARE CERTIFICATE

Individual learning plan

Apprenticeship
Level 3
Diploma
Level 3

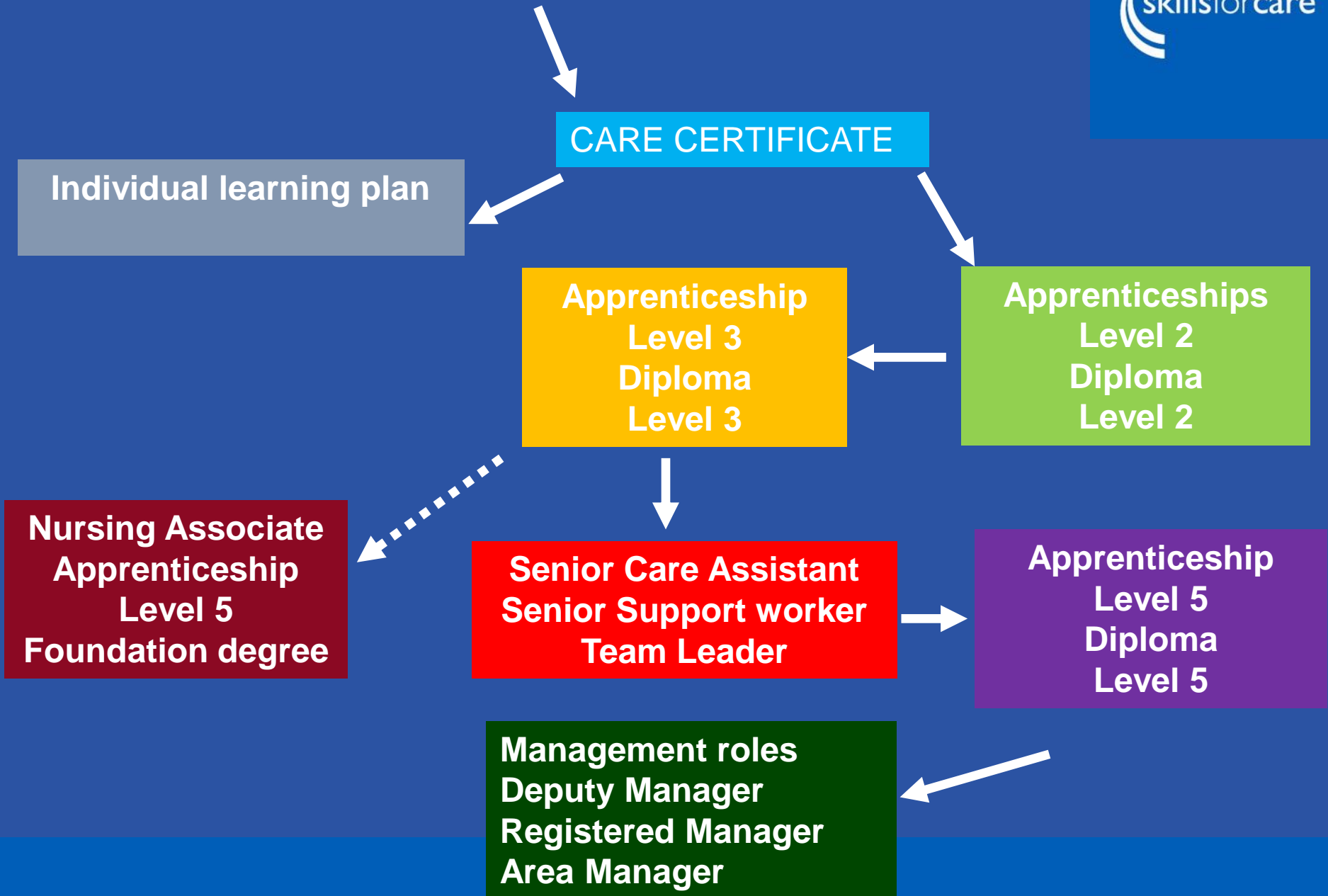
Apprenticeships
Level 2
Diploma
Level 2

Nursing Associate
Apprenticeship
Level 5
Foundation degree

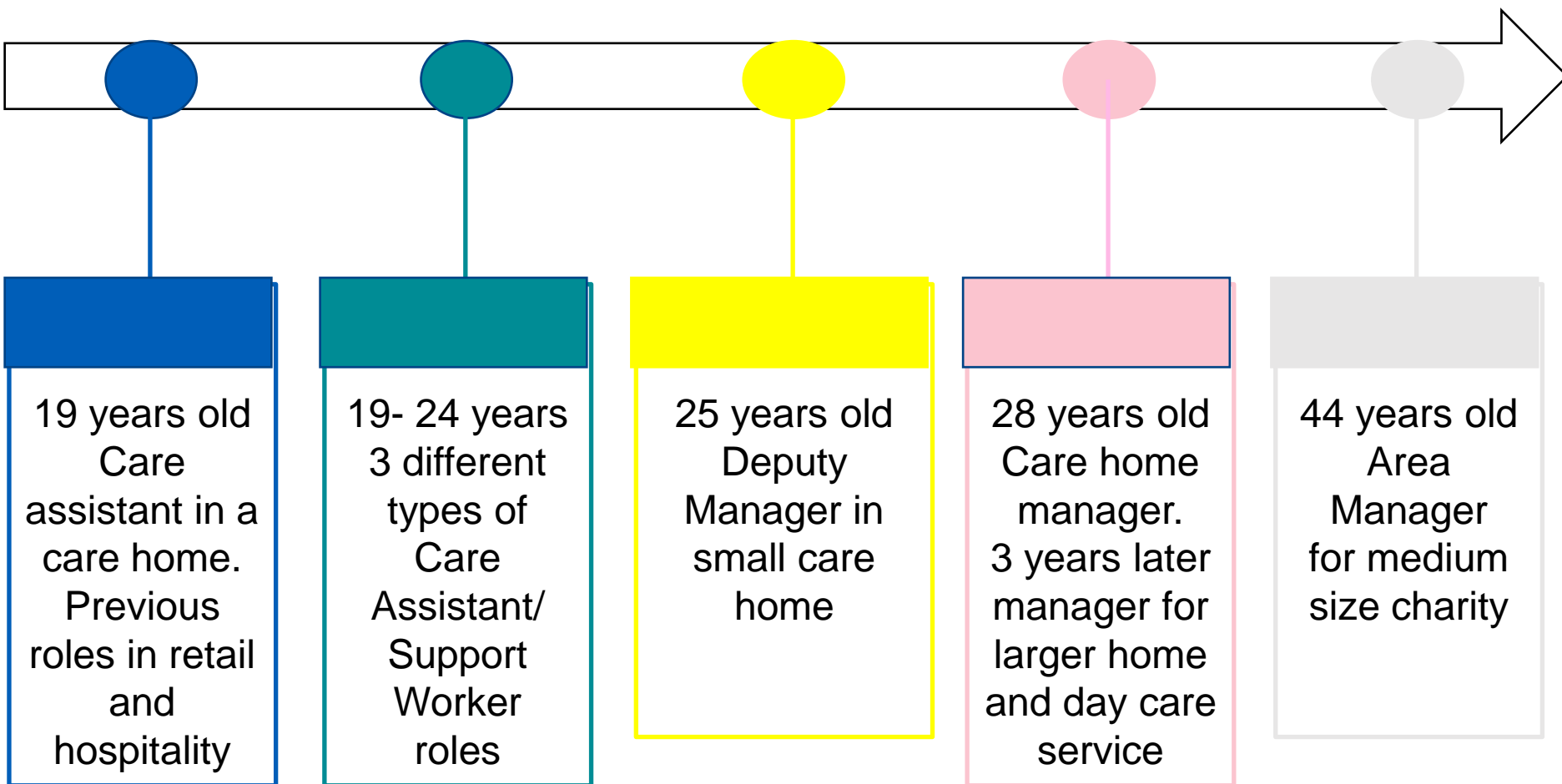
Senior Care Assistant
Senior Support worker
Team Leader

Apprenticeship
Level 5
Diploma
Level 5

Management roles
Deputy Manager
Registered Manager
Area Manager



My Career path



**It's not safe to work in
adult social care
because of the risk of
catching COVID-19**



It's not safe to work in
adult social care
because of the risk of
catching COVID-19

MYTH



- Employers are committed to protecting the health and wellbeing of the people that work for them.
- Using personal protective equipment (PPE) correctly, regularly cleaning your hands and following standard infection prevention and control precautions will help you remain protected.
- Social Care workers should receive PPE from the care provider they work for in line with the latest government recommendations.
- Social Care workers working in care homes have to be vaccinated (by 11 November 2021)



Interesting facts about Social Care

- There are currently estimated to be 1.62 million adult social care jobs across England. There are 1.2 million working for the NHS
- Over 1.49 million people are working in the adult social care sector across England – increase of 9% in the past 5 years.
- This means there are always opportunities for you to get a job in social care. Job security!
- Most of adult social care is regulated by the Care Quality Commission – if you want to see how a care provider is rated have a look at <https://www.cqc.org.uk/>

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

‘A Question of Care’ profiling tool



‘A Question of Care: A career for you’ is an online, interactive video quiz based on real life scenarios from the social care sector.

At the end of the quiz it provides a detailed personal profile that tells people whether they have what it takes to work in social care.

www.aquestionofcare.org.uk

Think Care Careers

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

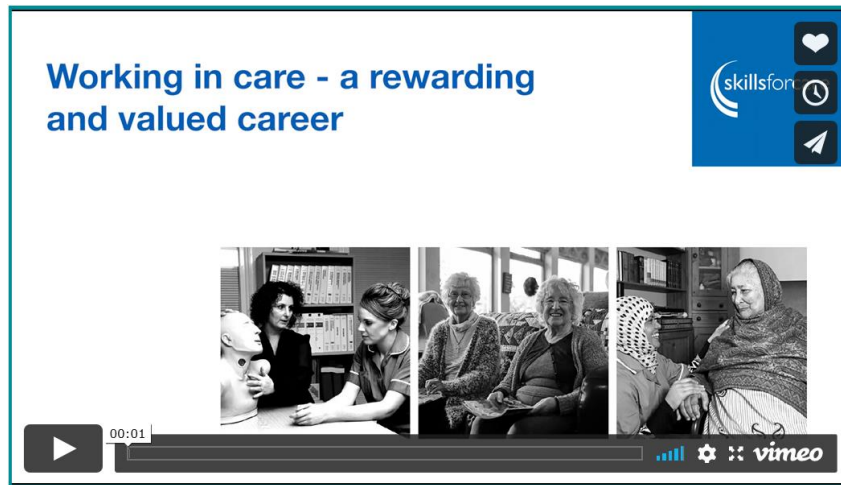
- What is social care?
- What type of person you need to be to work in social care
- Different job roles you could do in social care and how you can progress
- How you can get into social care, including apprenticeships

www.skillsforcare.org.uk/thinkcarecareers

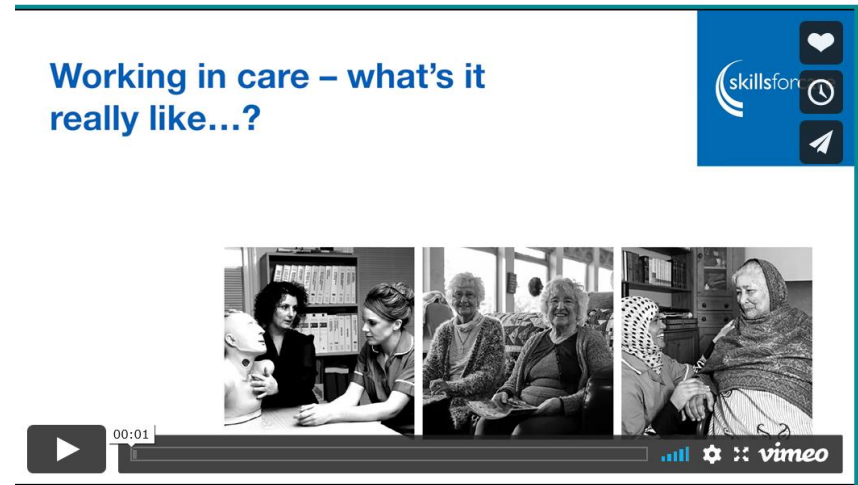


Information on films

Working in care – a rewarding and valued career



Working in care – what is it really like..?



[Link to films](#)

Day in a life of a home care worker



Thank you