



# Care Worker

**Helping vulnerable people to manage their daily activities and to live as independently as possible**

<p><b>Entry requirements:</b></p> <p>You could take a college course, which may help when you look for work. Courses include:</p> <ul style="list-style-type: none"> <li>● Level 1 Certificate in Health and Social Care</li> <li>● Level 2 Diploma in Care</li> </ul> <p>You will usually need:</p> <ul style="list-style-type: none"> <li>● 2 or fewer GCSEs at grades 3 to 1 (D to G) for a level 1 course</li> <li>● 2 or more GCSEs at grades 9 to 3 (A* to D) for a level 2 course</li> </ul> <p>You could get into this job through an adult care worker intermediate apprenticeship or a lead adult care worker advanced apprenticeship.</p> <p>There are no set entry requirements but it may help you to get in if you have:</p> <ul style="list-style-type: none"> <li>● some GCSEs, usually including English and maths, for an intermediate apprenticeship</li> <li>● 5 GCSEs at grades 9 to 4 (A* to C), usually including English and maths, for an advanced apprenticeship</li> </ul>	<p><b>What you will do:</b></p> <p>In this role you could be:</p> <ul style="list-style-type: none"> <li>● getting to know clients and their interests and needs</li> <li>● helping with personal care like washing, using the toilet and dressing</li> <li>● food preparation, feeding and giving out medication</li> <li>● carrying out general tasks like housework, laundry and shopping</li> <li>● helping clients manage their budget, pay bills and write letters</li> <li>● going with clients to and from a residential home</li> </ul> <p>You could also be:</p> <ul style="list-style-type: none"> <li>● supporting families with new caring responsibilities</li> <li>● giving emotional and practical support to children and young people</li> <li>● working with other health and social care professionals to provide individual care and development plans</li> <li>● helping to organise leisure activities</li> </ul>
<p><b>Skills required:</b></p> <p>You will need:</p> <ul style="list-style-type: none"> <li>● sensitivity and understanding</li> <li>● the ability to work well with others</li> <li>● patience and the ability to remain calm in stressful situations</li> <li>● the ability to accept criticism and work well under pressure</li> <li>● to be thorough and pay attention to detail</li> <li>● customer service skills</li> <li>● a desire to help people</li> <li>● excellent verbal communication skills</li> <li>● to be able to carry out basic tasks on a computer or hand-held device</li> </ul>	<p><b>What you will earn:</b></p> <ul style="list-style-type: none"> <li>● Starter: £12,500</li> <li>● Experienced: £25,000</li> </ul> <p><i>These figures are a guide.</i></p>
<p><b>Working hours, patterns and environment:</b></p> <ul style="list-style-type: none"> <li>● You could work at an adult care home or at a client's home.</li> <li>● Your working environment may be physically demanding.</li> <li>● You may need to wear a uniform.</li> <li>● You will work 35 to 40 hours on a shift rota including evenings and weekends</li> </ul>	<p><b>Career path and progression:</b></p> <ul style="list-style-type: none"> <li>● You could progress to a more senior role, managing people or services.</li> <li>● As your career develops, you can move on to higher level qualifications, such as a foundation degree, social work degree or Level 5 Diploma in Leadership and Management for Adult Care.</li> </ul>