

When I made my decision to study Health and Social Care, I was thinking about working as a care worker role in the future. One of my main goals in life is to help people in need. I think that society needs to do more to help vulnerable people and I want to be a part of a positive change.

There are several types of a care worker roles (Primecarers, n.d.). A care worker can be a care assistant, support worker, nursing home assistant and domiciliary carer. A care assistant helps people with everyday tasks, while support worker focuses on assisting people with physical or mental disabilities. A nursing or care home assistant works in a care/nursing home, which is a facility to take care of elderly or disabled people. A domiciliary carer is a person who cares of another person at client's house.

As a care worker, there are various people I may work with (Lifeways, 2021). Frequently, a care worker assists the elderly, people with learning disabilities, visual or hearing impairment, suffering from chronic illnesses preventing from having a normal life. A care worker is responsible for various tasks, such as helping people with most important everyday activities such as dressing, washing, preparing meals. They also often need to care of their health and make sure that a person takes prescribed medication, also follow doctor's instructions (Skills for care, 2020). They also may need to monitor temperature, blood pressure and weight. Furthermore, a care worker may often do shopping for their client.

A care worker needs to be a caring, patient and an emphatic person (Lifeways, 2021). They may often become a very close person to the client. A care worker should provide emotional support and be someone to be trusted. They need to display active listening skills, as well as a positive attitude. Other important skills for a care worker are good interpersonal skills followed with a good level of English. A care worker needs to communicate effectively with their client and understand them, making sure they are also understood by them. It is important that a care worker also has good time management and problem solving skills. The day needs to be planned and a care worker needs to be ready to act professionally in an unexpected situation. It is important to have an ability to stay calm and not to panic.

Working as a care worker can be challenging. Working patterns of a care worker may be inconsistent and a care worker needs to be flexible with their availability to work (National Careers, 2017). There may be situations where someone needs to cover a shift, where leaving a vulnerable person unattended could lead to a risk. There are also emergency situations that may put a lot of stress on a care worker. Physical strength is also required when assisting people with limited mobility. Moreover, a care worker needs to cope emotionally when people pass away.

References

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