

CARE WORKER

MAIN TYPES OF CARE WORKER ROLES

- Care assistant / Support worker
- Nursing home assistant
 - Working in a nursing home
- Domiciliary carer
 - Providing support in an individual's home

(Primecarers UK, n.d.)

PEOPLE YOU WORK WITH AS A CARE WORKER

- The elderly,
- People with learning disabilities,
- People with visual or hearing impairment,
- Individuals with mental health needs,
- People suffering from chronic illnesses preventing them from independent life,
- Persons with physical disabilities.

(Lifeways, 2021)

PLACES OF WORK OF A CARE WORKER

- Care homes
- Elderly homes
- People's own homes
- Community

(Skills for care, 2020)

RESPONSIBILITIES

- Helping people with everyday activities
 - Dressing
 - Washing
 - Preparing meals
- Booking appointments and accompanying them with a dependent person
- Administering prescribed medication.
- Doing shopping or supporting people with shopping.
- Checking health and condition:
 - Pulse and blood pressure
 - Weight
 - Temperature

(Lifeways, 2021)

(Skills for care, 2020)

RESPONSIBILITIES

- Following doctor's instructions.
- Calling medical support in case of emergency.
- Meeting person's basic needs.
- Providing emotional support.
- Helping and encouraging one's development of interests and personal skills
- Teaching an individual important skills.
- Helping people overcome their disabilities.
- Working with healthcare workers in order to improve one's health and standard of life.

(Lifeways, 2021)

HOW TO BECOME A CARE WORKER

FINDING A JOB

- Apprenticeship
- Volunteering at care homes
- Applying directly to care worker job vacancies

(National Careers, 2017)

DESIRED QUALIFICATIONS

- GCSE A-C in English and Maths.
- A social care qualification such as Level 2 or 3 Diploma in Health and Social Care
OR
University course, such as Health and Social Care Bachelor of Science or Higher Education Diploma

(Skills for care, 2020)

REQUIRED SKILLS

- Good interpersonal skills
- Good understanding of English
- Strong communication skills
- Active listening skills
- Being conscientious while following procedures
- Knowledge of psychology and physiology
- Knowledge of medical requirements and common conditions and illnesses.

(Lifeways, 2021)

PERSONAL QUALITIES

- Empathy
- Personal commitment to a role
- Critical thinking
- Self-care
- Kindness
- Customer service skills
- Flexibility
- Patience
- Sensitivity
- Willingness to help others
- Positive attitude
- Problem-solving skills
- Good time-management skills and being organized.

(Lifeways, 2021)

(National Careers, 2017)

WORKING PATTERN

- Working hours of a care worker depend on a place of work, as well as the type of persons to be taken care of.
- Care worker must be prepared to work evening, nights and weekends. People in need require support every day.
- Care worker may need to be prepared to start work with short notice.
- It may be required to stay overnight at people's homes.

CHALLENGES

- Inconsistent work patterns
- Dealing with people with a various level of disabilities
- Stress during emergency situations
- Physical strength required for performing some of the tasks
- Managing emotionally when someone passes away

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