

Assessment 1

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Skills

Critical thinking- being able to make choices in complex situations.

Positivity- having a right outlook on situations , being able to uphold a positive atmosphere in difficult situations.

Reliability- being able to be present and dependent.

Communication- being able to find ways to be understood and understand others .

Determination- the willingness to keep going when situations aren't the best.



Experience

Care home

Critical thinking- in care homes the service provided is very individual so each resident can get the best experience suited to them in these situations where the care is individual, I was able to make complex decisions to best suit each of the residents I was working with.

Positivity- when working in the care homes I experienced many happy events from the residents but because this is a care facility which death does occur in events such as passings was very common but regardless of the dull atmosphere I tried to stay positive because I know my attitude towards work reflects on the residents and as a carer to them I wanted to only reflect the best.

Reliability- in care homes the residents would rely on me for basic care needs such as changing their clothes, feeding them and their basic hygiene needs they relied on me for a lot of their normal day to day needs and so I aimed to be there for them for both their physical and emotional needs if they ever needed to talk.

Communication- in care home settings there are so many different types of people from different backgrounds, so there were a lot of barriers such as language barriers I tried to overcome these by using verbal and visual techniques to make sure the residents could understand me.

Determination – in care settings I had to deal with different events on a day-to-day basis which some people may have found uncomfortable such as cleaning up urine spills, but I was determined to keep on going regardless of the situations because I knew that a lot of the residents were relying on me.

Why my skills are important

- My skills are important because they make up the foundation of what all health and social care careers are based on, which ever field of health and social care you go into they always look for critical thinking, positivity, reliability, communication and determination and as I already have experience with all these skills I have the foundation to grow in other health and social care settings. Theses skills I have any many more I will develop over the course will positively impact my understanding of the field of work which will further better my understanding of the course.

Future plans

- My future plans are to work with kids from all backgrounds whether they be troubled or disability I want to be their shoulder to rest on. My skills give me the opportunities to be able to have the bases to be able to grow in this field. I think that when we think about health and social care fields we either think about care homes or medical fields and the youth tends to be forgotten they need somewhere or someone to go to I want to be that someone.

Young minds

- Young minds is a charity for young people where they can go and seek help and support this charity helps both young people and parents and carers of young people. This service is available to all and fits with my future to work with kids and help both their mental and physical health.