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overview

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My career: Care Assistant

My job consist: visit and assist vulnerable people in their homes, assisting them with a daily living.

Working as a care assistant you will be able to make a real different to people's lives every single day.

Responsibilities

- Perform domestic and household tasks.
- assist with client personal care activities.

Skills

- Empathy
- Compassion
- Patience
- Reliable



SWOT ANALYSIS

STRENGTHS

- **Compassion**
- **Patience**
- **Ability to laugh**

OPPORTUNITIES

- **Promotion**
- **Build strong relationships with others**
- **Regulate emotions**

WEAKNESSES

- **Lack of experience**
- **Saying “no”**
- **Disorganized**

THREATS

- **Poor job performance**
- **Possibility of losing the job**
- **Warnings**

Compassion

- The ability I have to recognize emotions in others and act on them
- It help me to connect deeply with my clients.
- Involves treating people the way you would like others to treat you, specially in a hard time.

Reliable

- It is important, because I am one of the person who going to be part of the client life whenever he/she needed.
- A person's need becomes your responsibility at the time your are working

Empathy

- Very important to be able to feel patients feeling in difficult situation (Carrington college blog, 2019)
- To be able to understand different perspective on other people's situation
- An emotional connection to influence people thoughts and actions positively.



Patience

- Give me the ability to wait for results that aren't going to come immediately.
- Make me to keep calmly without complaining in a peaceful way.
- The ability to continue doing something despite difficulties, or to suffer without complaining or becoming annoyed.

PDP

- **Lack of experience**

- Work as a voluntary work to gain more experience in the sector.

- Apply for apprenticeship job

- **Disorganized**

- Learn how to manage external time wastes (Rampton Jonh, 2018).
- Prioritize important things.
- Make a list of all my daily task and set up and alarm.



Conclusion

- It was to identify the main points of my career progression as care assistant.
- I have developed few responsibilities and skills, doing a SWOT analysis to identify my strengths, opportunities, weaknesses and threats.
- Finally for a future success I have made a PDP that way I could measure effectively my goals.

References

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