



Care Assistant

My chosen role

Role snapshot

- Helps people wash, dress, eat, move safely and take part in daily routines.
- Reports concerns, updates records and works with the wider care team.
- Promotes dignity, comfort and as much independence as possible.

- Personal Care
- Meals & Medication
- Observation & Records
- Emotional Support





Why I chose this role?

- I want a role where I can support people directly and make a visible difference every day.
- The role combines practical care with communication, empathy and teamwork.
- It is a strong starting point for future progression in health and social care.



How I started my research: Where I looked?

Social Care Wales: social care in Wales, professional standards and supervision.
National Careers Service: care assistant/care worker duties and day-to-day tasks.
Care Certificate 2025: current baseline skills and behaviours for new staff.





How I started my research: Keywords Used



- **care assistant duties**
- **person-centred care Wales**
- **communication skills**
- **record keeping in care**
- **Care Certificate 2025**





What I found so far

- The role is broader than basic tasks: it supports well-being, safety and independence.
 - Three themes keep appearing: communication, person-centred care and accurate recording.
 - Current Wales guidance is useful because it keeps “what matters” to the person at the centre.
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What the role seems to need most



- Communication

- Empathy and person-centred care



- Observation and record-keeping



One source checked with the CRAAP test

Source reviewed: Social Care Wales (2026). Code of Professional Practice for Social Care Workers. [online] Social Care Wales. Available at: <https://socialcare.wales/dealing-with-concerns/codes-of-practice-and-guidance/code-of-professional-practice-for-social-care-workers>.

CRAAP Criteria	Description
Currency	Updated 14 Jan 2026, so it is recent for this assignment.
Relevance	It is directly about social care workers in Wales and links to real practice.
Authority	Social Care Wales is the national body that regulates much of the workforce.
Accuracy	The page sets out clear standards and links to supporting guidance.
Purpose	Its aim is to explain professional standards - not to sell anything.





Challenges so far

- Different websites use similar role titles, so I had to separate care assistant, care worker and support worker carefully.
- Some information is very general, so I needed to keep bringing my focus back to adult residential care.
- It took time to choose current sources and avoid repetition.



My next steps

- Narrow the report to care assistants in adult residential care.
- Use at least five current official sources and record them in Harvard style.
- Plan the report around duties, three essential skills and one development strategy for each skill.
- Add simple role-specific examples so the report feels practical, not just descriptive.