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1: Written Report

1.1 Introduction

1. What is your chosen role?

The chosen role is a caregiver in health and social care. Caregivers support people with everyday tasks and help them maintain their independence. They also provide emotional support, making a positive difference to people's wellbeing and quality of life.

2. Why is this role important?

Caregivers provide safe, person-centred care, promote independence, and protect the health, wellbeing, and dignity of the people they support through compassionate, respectful, and professional support at all times

3. What will your report include?

This report will explain the caregiver's duties, evaluate key skills, and discuss strategies for improving professional practice using examples and evidence from reliable health and social care sources

1.2 Description of, and background to, [caregiver] in healthcare

1. What duties do people working in your chosen role perform?

Caregivers help people who need support because of age, illness, or disability. They need help with washing, dressing, using the toilet and eating meals. They remind people to take their medicine and help them move around safely. Caregivers also keep rooms clean, offer emotional support, and report any health changes to senior staff and nurses. They also encourage people to stay active, support social activities, and help them feel comfortable, safe, and respected every day.

2. What is the most important duty of your chosen role?

The important duty is giving safe, person centred care. This means treating people with respect, listening to their wishes, and meeting their needs. Caregivers should help people stay as independent as possible while giving support when needed. they should always protect people's privacy, dignity and wellbeing while following care plans and workplace policies.

3. Give a brief overview of some of the skills needed to perform the role.

Caregivers need good communication, patience, kindness, teamwork, and reliability. They also need to stay calm and be organised. These skills help caregivers understand people's needs, build trust, and provide safe, high quality care everyday. Good listening skills, problem solving and a positive attitude also help caregivers work well with colleagues and provide the best support possible.

1.3 Evaluation of the skills needed for [care giver] in healthcare

1. Present the 3 most important skills – why did you choose them?

The three most important skills for a care worker are Communication, patience, and reliability. These skills were chosen because they are needed everyday when supporting residents in a care home. Good communication helps staff understand residents' needs and share valuable information with nurses and other carers. Patience helps staff stay calm when residents need extra time or become confused. Reliability means completing duties correctly, arriving on time and following care plans. These skills help staff provide safe, respectful and person centred care. Residents feel valued when staff listen carefully, stay calm and can be trusted to complete every task. These skills also help build trust between residents, families, and staff, making the care home-a safe and happy place for everyone.

2. How do the skills help staff (e.g. nurses, carers, support workers) do their jobs better?

Communication helps nurses, carers and support workers work together and provide the right care. Staff can report changes in a resident's health, record information correctly and follow care plans. For example, if a resident says they feel unwell during personal care, the care worker should tell the senior carer straight away. Patience helps staff support residents who need extra time with washing, dressing, eating, or moving safely. Some residents have dementia and may become worried or confused. Staying calm helps them feel safe and respected. Reliability helps staff complete daily tasks, give medicines at the correct time when needed, finish records and support other team members. These skills improve teamwork, reduce mistakes, and help residents receive safe, high-quality care everyday.

3. What could happen if someone *does not* have these skills – how could this impact their job?

If a care worker does not have these skills, the quality of care may become poor. Poor communication can cause important information to be missed, leading to mistakes or delays in treatment. A care worker without patience may rush residents, making them feel upset, worried, or unwilling to accept support. A care worker who is

not reliable may forget important tasks, arrive late or do not complete care records correctly. This can place residents at risk and increase pressure on other members of staff. Good communication, patience, and reliability help care workers provide safe, kind, and respectful care every day. These skills also help staff build trust, work well as a team, and improve the health, comfort, and wellbeing of every resident.

1.4 Strategies to improve the skills for [care giver]

1. What are three useful strategies that help improve the skills?

Three useful strategies is training, learning from experienced staff and asking for feedback. These strategies help caregivers improve their knowledge, confidence and practical skills while providing better care for the people they support.

Regular training helps caregivers improve communication, safeguarding, moving and handling, infection control and person-centred care. Training also keeps caregivers updated with new information, policies and good practice. It gives them confidence to deal with different situations safely.

Learning from experienced staff is another useful strategy. Watching experienced caregivers work, asking questions, and following their advice helps new staff learn better ways to communicate, solve problem's, and support people safely. This also helps them become more confident in their role.

Asking for feedback from managers, colleagues and service users is also important. Feedback helps caregivers understand what they are doing well and what they need to improve. Positive feedback increases confidence, while constructive feedback helps improve performance.

2. How do they work? Give examples

Training teaches new skills and allows caregivers to practise them. For example, communication training can help caregivers understand how to speak clearly with someone who has dementia or hearing loss.

Working alongside experienced staff allows caregivers to observe good practice. For example, a new caregiver may learn how to calm an anxious resident by watching a senior caregiver use a calm voice and reassuring language.

Feedback helps caregivers improve their performance. For example, a manager may suggest giving residents more time to answer questions or speaking more slowly to people with hearing difficulties

3. Why did you choose the strategies?

These strategies were chosen because they are simple, effective, and commonly used in health and social care. They help caregivers improve their knowledge, confidence and practical skills while providing better care for the people they support. They also encourage continuous learning, which is important because care practices and

people's needs can change over time. Developing these skills helps caregivers provide safe, respectful, and high quality care throughout their career.

1.4 Conclusion

1. Summarise the main points (importance, types/challenges, and key strategies)

In conclusion, caregivers are very important because they help people stay safe, comfortable, and cared for. Communication, patience, and reliability are important skills that help carers give good quality care. Care workers may face challenges when supporting people with different needs, but training, learning from experienced staff and receiving feedback can help them improve. These strategies help carers become more confident and provide better support every day.

2. End on a broader more general statement

Overall, good caregivers make a big difference in people's lives by creating a safe, kind, and respectful environment where everyone can feel valued and supported every single day with dignity, respect, and kindness.

1.5 Reference List

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