

**Self-Awareness – My Future
Career as a Caregiver**

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(LCHS4009_BIRM)

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A Current Job Advert

Healthcare Assistant – Scheduled Overnight Service

Employer: Marie Curie (advert listed on NHS

Jobs/ Find A Job)

Location: Dudley

Pay: From £12.92 per hour

Hours: 18 hours per week, night shifts

Contract: Permanent

Closing date: 4 November 2026

Job Advert:

<https://www.jobs.service.gov.uk/jobs/6ad0a0b51fbc395f3f989073>

The advert asks for:

- Compassion, dignity and respect
- Sensitive communication
- Flexibility and resilience
- Skills to work independently and in a team
- Care experience; Level 2 care qualification is useful, not needed



The Job I Want To Work Towards

- I want to work as a caregiver or care assistant
- I want to help people with everyday activities, care, meals and drinking
- I would protect each person's self-respect, privacy and independence
- I would talk to the person, their family and other staff
- I would report worries or changes in a person's situation

Skills Needed

- Patience and kindness
- Clear communication
- Trustworthiness and teamwork
- Respecting and keeping information private
- Want to learn



My Personal SWOT Analysis

STRENGTHS

- I am caring and respectful.
- I try to listen and be patient
- I have good understanding of problems
- I think that im a kind and polite person

OPPORTUNITIES

- Care Certificate and training in workplace
- I can look for vacancies in care homes, hospitals or home-care services.
- Volunteering placements and feedback

WEAKNESS

- I might lack paid care experience
- I might feel nervous in new situations
- English isn't my first language, so I struggle at times

THREATS

- The work can be tiring and emotional
- I can work towards the Care Certificate to learn the standards expected in care.
- Busy shifts or mistakes can create pressure
- I can learn from colleagues and receive advice and feedback.
- I could study health and social care to improve my career prospects.



How I Can Improve And Manage Challenges

- Use patience and listening to help people feel safe and respected
- Build experience through volunteering, a placement or an entry-level care role
- Ask experienced staff for help and use feedback to improve confidence
- Finish training in safeguarding, illness prevention, moving and handling and talking
- Manage pressure by following care plans, keeping records accurately, asking for help and taking breaks when you can



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