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1.Introduction

- I have chosen to focus on the profession of a Carer for children in health and social care sector in my portfolio. The reason why I have chosen this role is that it forms the backbone of community care. The carers are often the unrecognised heroes to provide the much-needed support, thus making people live freely and with a sense of dignity in their own homes. I believe that understanding of this role is a requirement to every individual who wants to pursue a career in this field because it will equip an individual with strong set of core skills.

2. How I Started My Research

. I started my research by conducting a basic Google search using such key words like: duties of a children care worker, skills of carers, health and social care jobs. I quickly understood that in order to get quality information, I had to venture out of the generic job boards. The websites of the National Health Service (NHS) and Skills for care, the workforce development organisation of the sector, came in handy with me. Another source that I used to find scholarly articles on the required skills in social care is the Google Scholar.

The aim of my search was to find the general information, though, the one has become more specific: now I am interested in such terms as communication skills in domiciliary care, and compassion fatigue in carers to gain a better idea.

- It allows for consideration of both merits and demerits of the selected source. Also, it also gives an opportunity to evaluate the merits and demerits of the chosen source with the help of CRAAP Test.
- As per Nikpey et al. (2023), I evaluated using the CRAAP test. The evaluation is carried out in the following manner:
- Currency : The article is recent, having been published in 2023 and is therefore fairly up to date and relevant to the practice of care today.
- Relevance: In terms of relevance, the article is directly related to the skills required in care positions, as it perfectly fits the scope of my report, and it supplies the evidence of research –based evidence that emphasises the necessity of empathy as a skill that is required, not only desirable.
- Authority: The article was written by a social work professor at a well-established higher education institution and published in a scholarly journal, which has high levels of authority.
- Accuracy: The arguments are supported with evidence found in numerous studies, and a reference list is given in every aspect. There is no detectable bias in the article, and it is a level-headed debate on the issues and advantages of empathy in the job.
- Purpose: The purpose of the article is well-defined to inform and educate the professionals within the area focusing on the importance of empathy in improving patient outcomes and the well-being of carers.
- Therefore, it is very plausible source and will be of great help to my report. (University of Chicago, 2025)

Challenges Faced

I have been facing a number of challenges. To begin with, the amount of information obtained via the internet is enormous and recognising an authentic source among personal blogs is hard. I managed the threat using the the domains of. org, .gov, and . Edu and the CRAAP test, as shown above. The second challenge is that the word carer is used in a dual sense where it is used to refer to paid professionals as well as the family members who are not paid. I have therefore been keen to make sure that my research is limited to the paid, professional position in the health and social care sector.

Next Steps

My future actions are well outlined. Having a good grasp of what the job is and the essential skills. I need to perform the job is and the essential skills I need to perform the job, I will now organise my report. I will also focus on three of competencies, which include Communication, Empathy, and Organisational Skills. I will also explain the relevance of each skill using examples that I have acquired in the course of my research. I will then research and elaborate on three types of strategies that can be used to optimise each of these skills and how they support professional growth I the case of carer. I will make certain that the references of all sources are quoted properly based on the Harvard reference format. I plan to finish the first draft of the report by the beginning of the next week giving me time to proofread and finalise by deadline.