



JOB of the Week



Job name: Care Worker

Job description: As a care worker your role is to help vulnerable people to manage their daily activities and to live as independently as possible (either in their own home, on a hospital ward or in a care home)

Tasks you will undertake in the job: As a Care Worker, your day-to-day tasks will vary depending on the needs of the person you're caring for.

For people who need support to live at home and in their community, you'll:

- help with washing and dressing
- make food or help with eating
- get to know their interests and needs
- do household jobs, like washing clothes and shopping
- monitor their weight and record any concerns they have
- check they're taking their prescribed medications
- support their physical and mental wellbeing through activities

You could also:

- support families who have new caring responsibilities
- give emotional and practical support to children and young people
- work with other health and social care professionals
- help organise leisure activities and outings

Skills required for this job (core competencies):

Communication	Resilience	Organisation	Teamwork
Problem Solving	Initiative	Creativity	Digital literacy

Sectors in which Care Workers would normally work:

You could work at an adult care home, at a client's home or stay overnight at people's homes. This will depend on the needs of the people you are working with.

Your working environment may be physically and emotionally demanding.

You may need to wear a uniform.



Salary: Care Workers are typically paid a wage of £16 120, this increases as you move into senior (£25 000) and managerial roles.

Working hours: Working hours are usually 35-40 hours per week. It is likely that you will work during some evenings and weekends (sometimes at short notice) on shifts.



Qualifications to become a Care Worker: You can get into this job through: a college course; an apprenticeship; volunteering; applying directly

College: You could take a college course, which may help when you look for work. Courses include: Level 1 Certificate in Health and Social Care; Level 2 Diploma in Care or T level for Healthcare Support Workers. Entry requirements : 2 or fewer GCSEs at grades 3 to 1 (D to G), or equivalent, for a level 1 course; 2 or more GCSEs at grades 9 to 3 (A* to D), or equivalent, for a level 2 course; 4 or 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English and maths for a T level

Apprenticeship: You could get into this job through an adult care worker intermediate apprenticeship or a lead adult care worker advanced apprenticeship. Entry requirements: There are no set entry requirements but it may help you to get in if you have: GCSEs, usually including English and maths, or equivalent, for an intermediate apprenticeship; 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English and maths, for an advanced apprenticeship.

Volunteering: You could do voluntary work with an organisation that supports vulnerable people, for example in a: care home; charity; hospital or hospice. You could apply directly to a care home for employment.

Essential skills you need to show: To succeed as a Care Worker, the following personal skills and attributes would give you an advantage:

- sensitivity and understanding
- a desire to help people
- the ability to work well with others
- patience and the ability to remain calm in stressful situations
- the ability to accept criticism and work well under pressure
- to be thorough and pay attention to detail
- customer service skills
- excellent verbal communication skills and to be able to carry out basic tasks on a computer / device

This job in the future: The workforce is projected to grow by 11.6%, creating 108 900 jobs; in the same period, 57% of the workforce is likely to retire, creating 536 200 job opportunities.

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