

Exploring Careers Through Technical Routes

Social Care



The Industry

Social care provides physical, emotional and social support to people in need to develop and maintain their independence, dignity and control.

The adult social care sector offers a range of careers with various job roles, flexible working patterns and different opportunities. Care workers are the front line staff in all care settings. They can work in a residential care home, as domiciliary care looking after people in their own homes or out in the community.

Their work is outlined by a patient's care plan which has been developed by a social worker/care manager to meet the assessed needs of the person requiring care or support. Duties vary depending on the requirements of their client as well as any associated individual comfort and wellbeing. Their aim is to help people in their care live as independently as possible.

Core Skills in Social Care

www.skillsforcare.org.uk/Documents/Learning-and-development/Core-skills/What-are-core-skills-in-social-care.pdf

Skills and Requirements

Social care employers are required by law to ensure staff are 'suitability qualified, competent, skilled and experienced' and that they receive 'appropriate support, training and professional development'. In order to provide compassionate care and support it is essential staff have correct values and attitudes together with:

- An ability to use core skills accurately (English, number, digital)
- Well developed employability skills e.g. teamwork
- An ability to plan your own learning and development and manage your health and wellbeing
- The ability to carefully follow specific care/routine requirements (both verbal and written) or procedures
- An understanding of other people's feelings at all times
- An appreciation of the importance of confidentiality and data protection
- The ability to treat people with respect and dignity
- Being a good listener and communicator
- Being reliable and able to turn up on time, every time you are required to work.

'With a huge demand for workers, plenty of opportunities for progression and a job in which 96% of workers said they feel their work makes a difference, adult social care has lots to offer.'

Source: www.skillsforcare.org.uk

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Working and Learning in Social Care



Job Roles & Progression

To give you a start in becoming a care worker, personal assistant, activities co-ordinator or involved in community support try to gain work shadowing, volunteering or becoming a part time helper.

Study Programme

Levels 2 and 3
Health and Social Care.



Further study

Level 4
Adult Care.
Level 5

Leadership for Health and Social Care.

BA (Hons)
Social Work.

Health and Social Care, or with Management.

Step Up to Social Work as an alternative to a degree.

FdSc
Health and Social Care.



Apprenticeships

Intermediate and Advanced
Health and Social Care.



Career roles

Management role e.g. care manager or registered manager.
Professional role e.g. social worker.

Calculation including problem solving

Tasks

1. Monitor how long you take on each of your daily tasks to calculate the total daily time you spend on each patient.
2. Work out the body mass index of a patient and record on forms, tables and charts.
3. Do a weekly grocery shop for a domiciliary patient recording the total money spent and change required to return to them.
4. Give prescribed medications to a patient in the different required measurements.
5. Estimate how long it will take you to travel between all your clients.

Links to GCSE Maths

1. **Number** (whole numbers - addition, subtraction, order of operations; decimals - adding and subtracting decimals).
2. **Number** (whole numbers - multiplication). **Algebra** (graphs - co-ordinates, drawing straight line graph).
3. **Geometry and measure** (units of measure - unit pricing). **Number** (whole numbers - addition, subtraction).
4. **Ratio, proportion and rates of change** (direct and inverse proportion - calculating amounts).
5. **Number** (whole numbers - addition, subtraction, multiplication, division; decimals; approximation - estimating calculations).

Communication, all forms

Tasks

1. In collaboration with other professionals on the team write up a patient's assessment.
2. Maintain a patient's record accurately and prepare a report for legal action.
3. Keep a diary of your hourly activities for a week and record each of them on a flow chart.
4. Write a story for a patient who needs cheering up about something they are interested in and spend time reading them the story.
5. Prior to your first patient visit research relevant background information from different sources.

Links to GCSE English Language

1. **Writing** (non-fiction - form; context, audience and purpose - context, purpose).
2. **Writing** (writing non-fiction - a report); planning - planning a structure, bullet points, editing and proofreading; literary techniques - informative language).
3. **Writing** (writing non-fiction - a diary; planning - flowchart).
4. **Writing** (writing non-fiction - writing a story; planning - planning a structure; vocabulary - to create effect). **Spoken language** (speaking - audience and purpose; voice - enunciation).
5. **Comparing texts** (how to compare texts - comparing by context and effectiveness).