

Volunteering

You could volunteer with an organisation that supports vulnerable people, such as a care home, charity, hospital or hospice.

Direct Application

You could apply directly and train on the job. You'll find it useful to have experience of working with people.

Some employers may expect you to have GCSEs in English and maths at grades 9 to 4 (A* to C) or equivalent.

Skills and knowledge

You'll need:

- 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
- to be able to carry out basic tasks on a computer or hand-held device

Restrictions and Requirements

You'll need to:

- pass enhanced background checks

You might find it helpful to have a driving licence as you might work shifts at times when you cannot get public transport.

It might help to be physically fit because you may need to help lift or move people.

Day-to-day tasks

Your daily tasks will depend on the needs of the person you're caring for

If you're helping someone who needs support to live at home on their own, 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

Working environment

You could work at an adult care home, at a client's home or stay overnight at people's homes.

Your working environment may be physically and emotionally demanding.

You may need to wear a uniform.

Career progression

While employed as a care worker you can develop your skills by training in specific areas, like autism awareness, communication skills or supporting people with dementia.

With experience, you can become a lead care worker. You can also move into more senior jobs, like managing people or services, if you get further qualifications.