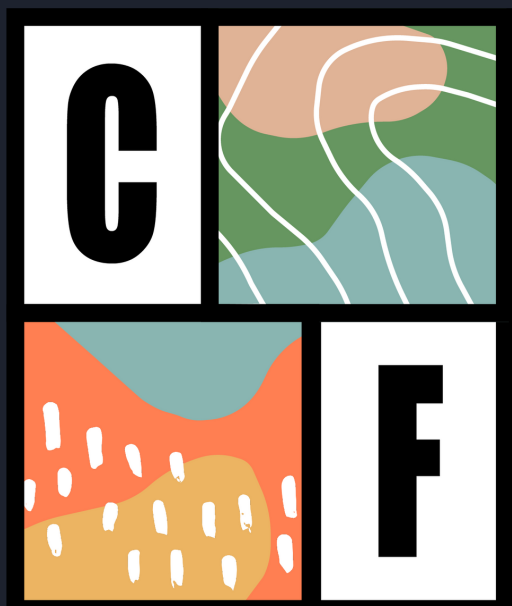




CARE ASSISTANT



CARE ASSISTANT

Support Worker

Care assistants or support workers help vulnerable people with their day-to-day activities to promote independence and wellbeing.

You can work with people with learning or physical disabilities, mental or physical health conditions or elderly people.

CARE ASSISTANT

What does the job entail?

A typical day as a care assistant or support worker will include assisting individuals with daily tasks such as washing and dressing, eating and toileting. You may also help them with going to social activities, cooking, cleaning and going to the shops.

You will also be responsible for monitoring their health by logging things like how much they have eaten and drank in the day, and reporting any new changes to their health such as accidents and injuries.

You will work closely with nurses, doctors and social workers, and this role is a great way to gain experience if you would like to go on to pursue these careers.



CARE ASSISTANT

How to become a Care Assistant:

There are several routes into this work.

You can do a level 2 or 3 BTEC in Health and Social Care at college, which usually requires 2 or more GCSEs at grade D/3 or above.

You can do an apprenticeship where you will achieve your level 2 or 3 whilst working on the job, this may require GCSEs at grade D/3 or above.

It is also possible to apply directly to care homes and other settings (but volunteering there or somewhere with vulnerable people, or as a carer for a relative may be help you get into paid work).

