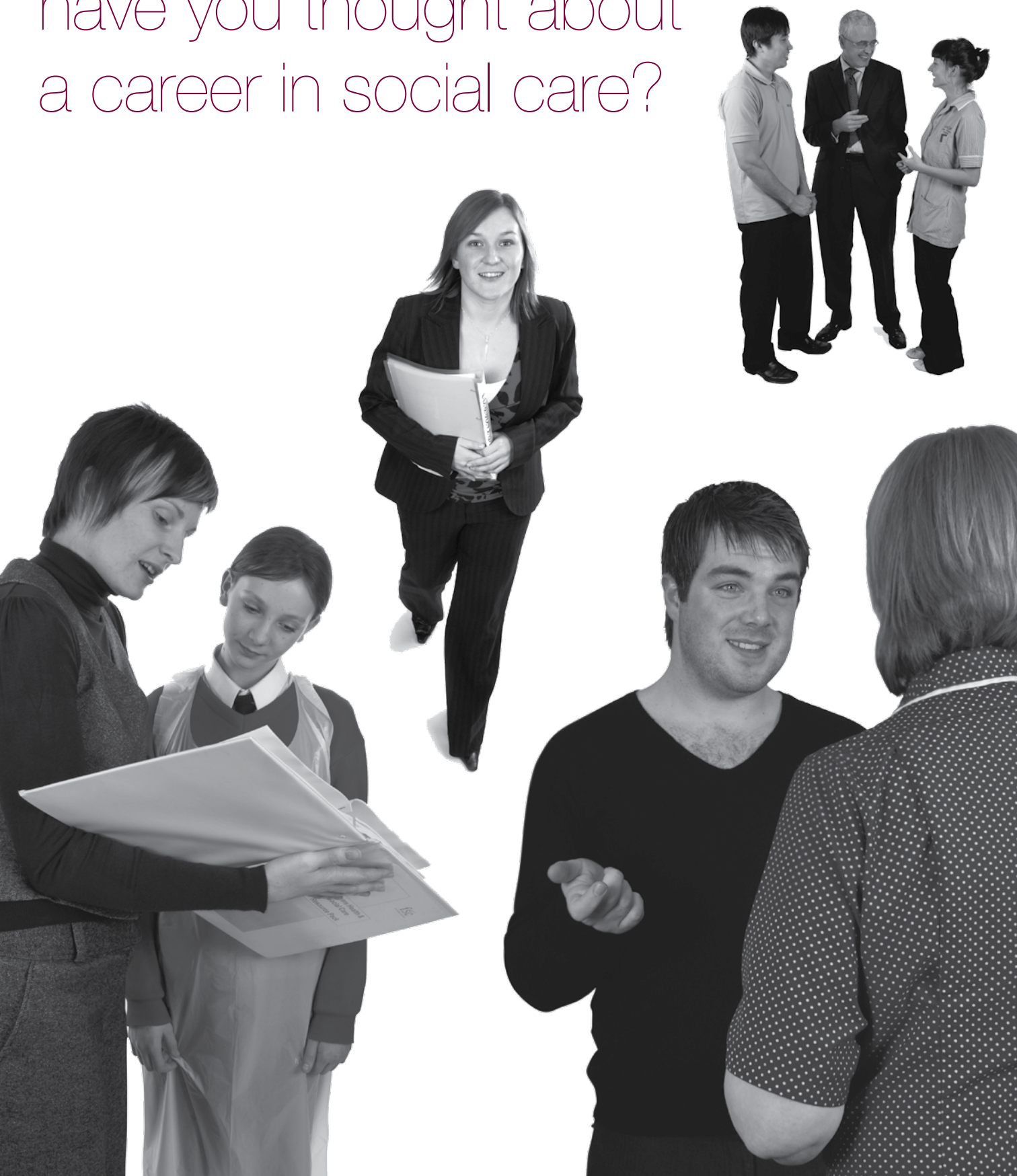


have you thought about  
a career in social care?



*I care...*



## what is social care?

Social care is about providing personal and practical support to help people live their lives. It's about supporting them to maintain their independence, dignity and control.

Around 1.75 million adults used social care in England in 2007-08 and around 1.3 million - one in 25 of the population - is employed in the sector.

Adult social care will continue to grow and it is estimated that by 2025 the sector may need up to 2.5million workers.

Social care is changing, responding to what people who use services want, providing them with greater choice and control.

## why choose a career in social care?

In a recent survey of care workers, 88% of respondents said they were happy in their jobs, 54% of them very happy. 99% of care workers agreed that they like feeling they help people and 96% felt that their work really makes a difference.

You can gain an enormous sense of personal achievement from knowing that your job is helping people and contributing to a caring society. It's about making a positive difference to people's lives by contributing to their health happiness and well-being.

## a role to suit you

There is a huge range of work opportunities in the adult social care sector tailored to various lifestyle and individual needs. Whether you are looking for a career change, thinking of returning to the social care sector, or starting working life from school or college, the care sector has much to offer.

It doesn't matter about your background, how old you are, or your academic qualifications. Somewhere in your community there's a job that you can do to help others. If you like working with people, social care work offers a worthwhile job that can turn into a rewarding, long-term career.

Many jobs offer flexible hours that might suit you better than the conventional nine to five. You could choose to work part time as well as have a full time career to fit around family or other commitments.

Some of the roles available in social care are:

- **Occupational therapist**

Assess and treat physical and psychiatric conditions using specific, purposeful activities to prevent disability and promote independence.

### ■ **Community support and outreach workers**

These workers help people overcome difficulties, helping them to cope with aspects of everyday living, develop socially and personally and live as independently as possible.

### ■ **Care workers**

They are the front line staff in all care settings, working with all types of service users receiving direct care. They generally assist with the service users' overall care, comfort and well-being.

### ■ **Technicians**

Can work for service users by supplying and maintaining equipment or aids that they may require to support their needs.

## develop your career

A career in social care offers long-term employment prospects, with opportunity for promotion and progression.

You may not need formal qualifications to start with. As you work you will develop new skills and there will be plenty of great learning and development opportunities that can lead to qualifications. These include work-based learning, short courses, long courses, vocational qualifications and apprenticeships.

*"I believe I've worked hard to get where I am today at the age of only 22. I am very passionate about my work and have a very supportive team around me."* Natalie Foy

Natalie Foy has developed her career in care to become one of the youngest deputy manager's at the age of 22. Through hard work, training and invaluable experience, she holds a registered manager's award giving her the qualification to run her own home and is a care ambassador, promoting the work of the social care sector to students and those seeking a rewarding career with huge opportunities.

*"I came into care by accident at the age of 15, but it was the job satisfaction that really enticed me. I have worked my way up to assistant unit manager and I am still only 21."* Anthony Byrne

Anthony Byrne acquired the taste for a career in care at the age of only 15. He progressed from voluntary work to becoming a full time assistant unit manager for BUPA at the age of 21. His commitment and hard work has led him to achieve ambassador status for one of the most respected care organisations in the UK.

## to find out more about working in social care

Try the Career Pathways e-tool – an interactive online tool which helps you to find out what job roles there are in social care and see what range of skills and qualifications are needed.

You can find it at [www.skillsforcare.org.uk/careerpathways](http://www.skillsforcare.org.uk/careerpathways).

Or, have a go at the following questionnaire:

|  | yes | no |
|--|-----|----|
| 1. Do you think you are patient?   |     |    |
| 2. Do you think you are reliable?  |     |    |
| 3. Can you work well under pressure?   |     |    |
| 4. Can you work to deadlines?  |     |    |
| 5. Can you follow instructions and carry out tasks?                                    |     |    |
| 6. Can you communicate well verbally? e.g. talk, chat and put people at ease?          |     |    |
| 7. Can you communicate well in writing? e.g. use a diary or fill in forms and reports? |     |    |
| 8. Do you think you are a good listener?   |     |    |
| 9. Can you empathise with people?  |     |    |
| 10. Are you a sociable person?   |     |    |
| 11. Do you have your own set of values and beliefs?                                    |     |    |
| 12. Do you respect the values and beliefs of others?                                   |     |    |
| 13. Do you respect other people's privacy and dignity?                                 |     |    |
| 14. Are you happy to have training and to develop your own skills for your job/career? |     |    |

If you have answered mostly yes, then you should consider asking Jobcentre Plus for more information about jobs in social care.

There are lots of ways to start a career in social care:

#### what is the sector route-way for adult social care?

The sector route-way is a form of support that Jobcentre Plus can offer to unemployed people to give them the skills and confidence to move into entry level jobs in the adult social care sector.

A key part of the route-way is a training course that will give you a good idea of what it would be like to work in adult social care, and at the same time help you to develop the skills you need to get started.

#### what is care first careers?

This is a government initiative to help young people start a career in social care. For further information, contact your personal adviser at Jobcentre Plus.

#### can I do an apprenticeship?

Yes. Apprenticeships offer a comprehensive learning and development package to anyone aged 16 or over who is starting or has already begun a career in social care. An apprenticeship could be the next step from either the sector route-way or Care First Careers. For further information about social care apprenticeships go to [www.skillsforcare.org.uk/apprenticeships](http://www.skillsforcare.org.uk/apprenticeships).

For more information contact .....