

# Exploring Careers Through Technical Routes

## Social Care



### The Industry

Social care is about providing physical, emotional and social support to help those 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 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](http://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'* to enable them to carry out their work.

*Source: Health and Social Care Act 2008, Regulations 2014.*

In order to provide compassionate care and support it is essential to have the correct values and attitudes. In addition you need to have:

- Ability to use core skills accurately (English, number, digital)
- Well developed employability skills e.g. teamwork
- An ability to plan your on-going learning & development and to manage your own health & wellbeing
- The ability to carefully follow specific care/routine requirements (both verbal and written) or procedures without deviation
- An understanding of other people's feelings at all times
- An understanding of the importance of confidentiality and data protection
- The ability to treat people with respect and dignity

The number of adult social care jobs in 2015 was estimated at 1.55 million. An increase of 1% and 12,500 jobs since 2014. The social care sector will have half a million extra jobs available by 2030

*Source: [www.skillsforcare.org.uk/Home.aspx](http://www.skillsforcare.org.uk/Home.aspx)*

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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 & Social Care



**Further study**  
Level 4 Adult Care  
Level 5 Leadership for Health & Social Care

BA (Hons)  
Social Work, Health & Social Care  
- or with Management  
Step Up to Social Work  
- alternative degree  
FdSc  
Health & Social Care



**Apprenticeships**  
Intermediate and Advanced  
Health & 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 the time taken for 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. In order to successfully plan your visits for a day 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 - adding and subtracting decimals; approximation - estimating calculations)

### Communication, all forms

#### Tasks

1. In collaboration with other professionals on the team undertake and 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 with them reading the story.
5. Prior to your first patient visit research using 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** (comparing by context and effectiveness)