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START A FULFILLING CAREER IN ADULT SOCIAL CARE

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Working in adult social care is one of the most rewarding jobs. The sector is varied and there are many roles you can choose from. It may be supporting someone to be independent in their home or supporting someone in a care home with their daily tasks. You will significantly improve people's everyday lives through interaction, support and understanding.

Even if you lack prior experience, all you need is to have a strong desire to support people and depending on where you'd like to work or what you want to do, there are many opportunities and on-the-job trainings available. It's usually a simple and quick process to start work, and flexible working hours are often available.

Working in adult social care doesn't require any specific qualification to get started. It is about people having the right values and good communication skills.

Search for a job near you today at adultsocialcare.co.uk.

'Knowing that you are supporting them is important'

Sidra grew up in Pakistan and moved to the UK. She got married and started living with her husband and in-laws.

"My mother-in-law had Parkinson's, so I became her carer for 17 years, and after she passed

including person-centred training for the people I support."

She supports individuals with a range of needs, through prompting, observation and direct assistance. "Some of the people I support have different communication methods, and I received training to be able to effectively communicate using

"I would encourage others from my culture to begin a career in the adult social care sector and make a difference to the lives of the people you support".

Every day is different, and everyone has their own individualised needs

Rafiq was born in Kenya and moved to Mumbai, India, when he was 7. He moved to the UK in 1976 to be with the rest of his family. He started working in a factory during the day and attended evening classes to improve his English. He said, "At the age of 31, I decided to take up a career in care. I have always been passionate about making a difference to people's lives and caring for them, and I wanted a career where I can support them in learning new

skills and improve their quality of life."

He completed training that included safeguarding and food hygiene and completed 'train the trainer' courses so that he could teach others and progress into a senior support worker role within 7 months of starting.

"I support tenants who reside in supported living which enables individuals to live independently in their homes and help them develop skills such as cooking, household chores and personal care. I also encourage social participation with a variety of activities.

"While every day can be different and everyone, I support has unique needs, knowing that I have supported them and made them happy is always rewarding. I would certainly encourage others to take up a career in the care

sector, as working in care is very fulfilling."

Giving back to the community

Rezbin is originally from Sylhet, Bangladesh, and has been a full-time mum since 1997. After all her children had grown up, she decided that she would like to work.

She told Asian Voice, "I had not worked before and had no experience. But when I joined the adult social care sector, I had online training for a week. I participated in group discussions and I also shadowed my colleague for a week who taught me the tasks that needed to be completed for each person I support."

Currently, Rezbin's client lives in Croydon. Her daily work includes preparing breakfast, taking her grocery shopping, handling household chores such as changing the bedding, cleaning, laundry, overseeing medication and prescription usage, appointment reminders and taking her to doctors' appointments.

Rezbin added how working as a care worker allows her to give back to the community. "I can support my clients to maintain their independence and have a positive impact on their life. I am also able to contribute to making them and their families happy knowing that I am taking good care of them."



Sidra helping a client with daily chore

away, I thought I could make a difference to others," Sidra told Asian Voice. Knowing that you are supporting them is most important. Therefore, I decided to work in the care sector to support people lead a happy life.

"I began my career in the adult social care sector 4 years ago. I received support to complete all my training, such as the care certificate and NVQ, medication management, food hygiene and many others. The training was also adapted for me to complete it on paper as I am not very good with computers. I receive ongoing training to further develop my knowledge in the care sector,

Makaton. I support individuals with daily tasks, such as goal setting and budgeting.

When asked what the most rewarding part of her job was and if she would encourage others to follow in her footsteps, Sidra enthusiastically added, "The greatest reward is to support people by communicating with them so that they do not feel isolated. Keeping them company by just sitting with them and talking to them makes a difference to their day. As long as it makes them happy it is rewarding for me. When a person knows that they are not alone or isolated, they feel valued and important.



Rafiq caring for a client

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