

# Adult Care Worker

**Adult care workers provide essential support to individuals who need help with physical, emotional, or social needs, helping them to live as independently as possible.**

**Level: 2**

**Duration: 15 months**

## Apprenticeship overview

This role is about making a positive difference in people's lives. You will learn the "Six Cs" (Care, Compassion, Courage, Communication, Competence, and Commitment) and how to provide person-centred care that respects the dignity of the individual.

### Core skills, knowledge and behaviours you will learn

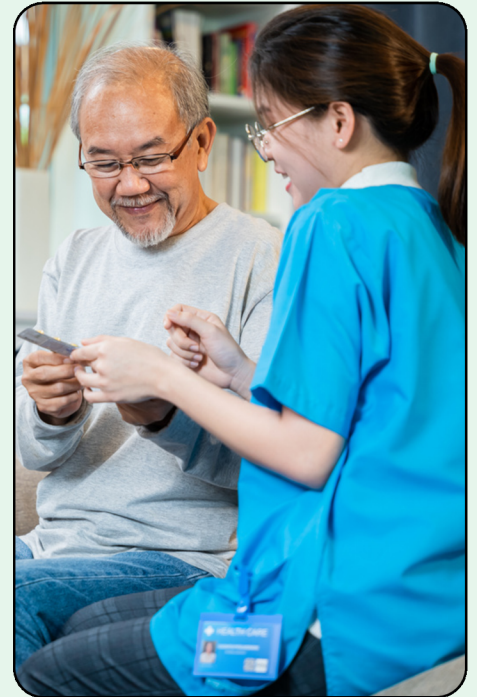
- The principles of person-centred care
- Duty of care and safeguarding individuals from harm
- Communication techniques for different needs
- Health and safety, including moving and handling
- Supporting individuals with daily living tasks (personal care, eating, socialising)
- Infection prevention and control

### Typical job roles

- Care Assistant
- Support Worker
- Personal Assistant
- Respite Care Worker

### Where you might work

- Residential care homes
- Nursing homes
- Individuals' own homes (domiciliary care)
- Day centres



### Good to know

The work is emotionally rewarding but can be physically demanding

You will likely work a rota that includes early mornings, late evenings, and weekends

You must be comfortable providing personal care (helping with washing, dressing, etc.)