

Adult Care Worker

Level: 2

Duration: 15 months

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.



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

Where you might work

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

Typical job roles

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

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.)