

Care worker

You need to be resilient and have a strong desire to help people achieve their best possible quality of life.

You could work with lots of different people including adults with learning disabilities, physical disabilities, substance misuse issues, mental health conditions and/or older people. Or you may work within just one service area, such as working with older people.

You could support people with all aspects of their day to day living, including social and physical activities, personal care, mobility and mealtimes.

Care workers can work in a care or nursing home, in the person's own home or in the community.

Care workers who work in the person's own home are sometimes called domiciliary carers or home care workers, which often involves travelling to different people's houses.

As a care worker your role might include:

supporting people with social and physical activities

helping with personal care such as support with showering and dressing

perhaps using equipment to help the person move, for example to sit up

supporting people with eating and drinking

monitoring individuals' conditions by taking their temperature, pulse, respiration and weight, and possibly helping with medication.

Job requirements

Are you a hardworking team player who is patient and kind and do you want to work in a thriving community? If you are able to understand what is important to those you are caring for and can make sure their lives are as happy as they can be, then the role of a care worker could be perfect for you.

There are also some specific skills needed to work in this role. These include:

the ability to work on your own initiative and prioritise your workload

good listening and communication skills

the ability to understand and follow policies and procedures

good writing skills to fill in care plans

Kitchen assistant

The cook will develop and plan nutritious menus and kitchen assistants will help ensure mealtimes are an enjoyable part of the day for residents and support them throughout mealtimes.

As a kitchen assistant you will prepare, present and serve meals to people, either under the guidance of the cook, or independently, and usually in a nursing or residential home.

Your role might include:

Kitchen cleaning duties, ensuring the kitchen environment, including utensils, equipment, worktops food stores, refrigerators, freezers and floors etc. are clean and in safe working order.

Food preparation, including preparing vegetables and when appropriate, simple meals.

Preparing food for special diets according to individual need, e.g. blending food or an awareness of people's religious and cultural backgrounds etc.

Serving food and refreshments in a warm and friendly manner.

Using a food temperature probe and recording temperatures as required.

Laying tables, clearing tables, ensuring a clean and tidy environment throughout the kitchen and dining area.

Job requirements

You don't necessarily need any qualifications to become a kitchen assistant, but it might be useful to have some previous experience in the catering industry.

In order to be a kitchen assistant there are some specific skills needed. These include:

some knowledge of food hygiene and food preparation

a positive attitude and a desire to deliver the best possible service to the residents in our care

the ability to treat people with dignity

good listening and observational skills

some awareness of the challenges faced by people who need care and support

basic number skills

work safely within company policies, seeking advice and guidance when necessary

Domestic assistant

You will be an important part of the county's health and social care sector helping to keep our residents safe during this difficult time.

As a domestic assistant you will:

ensure that the environment in the residential or nursing home or sheltered housing is safe, tidy and clean

make beds and support doing laundry

keep records of housekeeping stocks and highlight when stocks are low

support with the general upkeep of communal areas and bedrooms

learn about infection control and carry out a range of domestic duties to a high standard ensuring high standards of cleanliness for our residents

develop a positive relationship with the residents and staff by becoming an integral part of the team

work safely within company policies, seeking advice and guidance when necessary

Job requirements

You don't necessarily need any qualifications to become a domestic assistant, but it might be useful to have some previous experience in a similar role, or in a social care and health setting.

There are also some specific skills needed to work in this role. These include:

some awareness of the issues faced by people who need care and support

some knowledge of health and safety in the workplace

good attention to detail

being able to cope under pressure