

Care Worker

Care workers help vulnerable people to manage their daily activities and to live as independently as possible.

ANNUAL SALARY

£12,500 to £25,000

Average UK salary in 2020 was £21,378
(source Office for National Statistics)

WORKING HOURS

35 to 40 a week

You could work: evenings / weekends; on shifts



+8%

FUTURE EMPLOYMENT

There will be **8% more** Care Worker jobs in 2025.
[In your local area](#)

What's it all about?

What you'll do

Day to day tasks

Your day-to-day tasks will vary depending on the needs of the person you're caring for.

For people who need support to live at home and in their community, you'll:

- help with washing and dressing
- make food or help with eating
- get to know their interests and needs
- do household jobs, like washing clothes and shopping
- monitor their weight and record any concerns they have
- check they're taking their prescribed medications
- support their physical and mental wellbeing through activities

You could also:

- support families who have new caring responsibilities
- give emotional and practical support to children and young people
- work with other health and social care professionals
- help organise leisure activities and outings

Working environment

- You may need to wear a uniform.
- You could work at an adult care home, at a client's home or stay overnight at people's homes.
- Your working environment may be physically and emotionally demanding.

Skills and knowledge

You'll need:

- sensitivity and understanding
- a desire to help people
- the ability to work well with others
- patience and the ability to remain calm in stressful situations
- the ability to accept criticism and work well under pressure
- to be thorough and pay attention to detail
- customer service skills
- excellent verbal communication skills
- to be able to carry out basic tasks on a computer or hand-held device

Entry requirements

You can get into this job through:

- a college course
- an apprenticeship
- volunteering
- applying directly

College

You could take a college course, which will help when you look for work. Courses include:

- Level 1 Certificate in Health and Social Care
- Level 2 Diploma in Care or Health and Social Care
- Level 3 Extended Diploma in Health and Social Care

Entry requirements

You'll usually need:

- 2 or fewer GCSEs at grades 3 to 1 (D to G), or equivalent, for a level 1 course
- 3 or more GCSEs at grades 9 to 3 (A* to D), or equivalent, for a level 2 course
- 4 or more GCSEs at grades 9 to 4, including Maths and/or English, for a level 3 course

For more information

- [equivalent entry requirements](#)
- [funding advice](#)
- [search for courses](#)

Apprenticeship

You could get into this job through an adult care worker intermediate apprenticeship or a lead adult care worker advanced apprenticeship.

Entry requirements

There are no set entry requirements but it may help you to get in if you have:

- some GCSEs, usually including English and Maths, or equivalent, for an intermediate apprenticeship
- 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English and Maths, for an advanced apprenticeship
- experience

For more information

- [equivalent entry requirements](#)
- [guide to apprenticeships](#)

Volunteering and work experience

You could do voluntary work with an organisation that supports vulnerable people, for example in a:

- care home
- charity
- hospital
- hospice

[Do-it](#) and Volunteer Cornwall have more information on voluntary opportunities in your area.

Direct application

You could apply directly and do training on the job. You'll find it useful to have experience of working with people.

Some employers may expect you to have GCSEs at grades 9 to 4 (A* to C) in English and Maths, or equivalent qualifications.

Requirements and restrictions

You'll need:

- A driving licence - this may be helpful if you're going to be working on shifts outside of public transport hours or in the community
- To be physically fit, as you may need to help lift or move people.
- To pass an [enhanced background checks](#)

Career tips

Time spent caring for someone you know also counts as having experience in a caring role.

Further information

You can find out more about careers in care from: [Think Care Careers](#); [Department of Health and Social Care](#); [Social Care TV](#)

Employment by region

Region	Jobs
Yorkshire and the Humber	83,711
London	104,233
South West	85,439
South East	123,778
Wales	50,451
Scotland	65,126
West Midlands	91,437
North West	114,764
North East	31,683
East of England	84,738
Northern Ireland	29,036
East Midlands	76,501

Career path and progression

While employed as a care worker you can develop your skills by training in specific areas, like autism awareness, communication skills or supporting people with dementia.

With experience, you can become a lead care worker. You can also move into more senior jobs, like managing people or services, if you study for further qualifications. For example, a Level 5 Diploma in Leadership and Management for Adult Care, or a degree in social work or nursing