



Adult Care Worksheet

NAME:

DATE:

Video Feedback

Please list the video or videos you watched and write down the key points you learned

1. What type of Adult Care Career/s are you interested in? (You can put more than one)

2. What qualifications (GCSEs etc) do you need to go into a career in Adult Care?

3. Are you applying for: Sixth Form ☐ College ☐ Apprenticeship ☐ Not Sure ☐

Put X in relevant box or boxes

4. What Skills do you think Carers need? Please list at least four:

1 2 3 4

(continued on next page)

5. What Adult Care jobs are available in your area? (list two examples from www.indeed.co.uk):

Company	Job Title	Salary
<input type="text"/>	<input type="text"/>	<input type="text"/>

Company	Job Title	Salary
<input type="text"/>	<input type="text"/>	<input type="text"/>

6. Now, a task that will require some research:

(a) Please list three websites where you can gain information regarding Adult Care Careers

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>

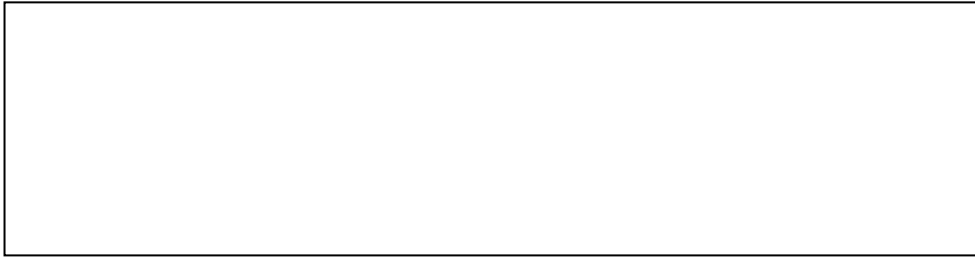
(b) Where could you volunteer to get experience to support your career?

(c) Please answer the following questions:

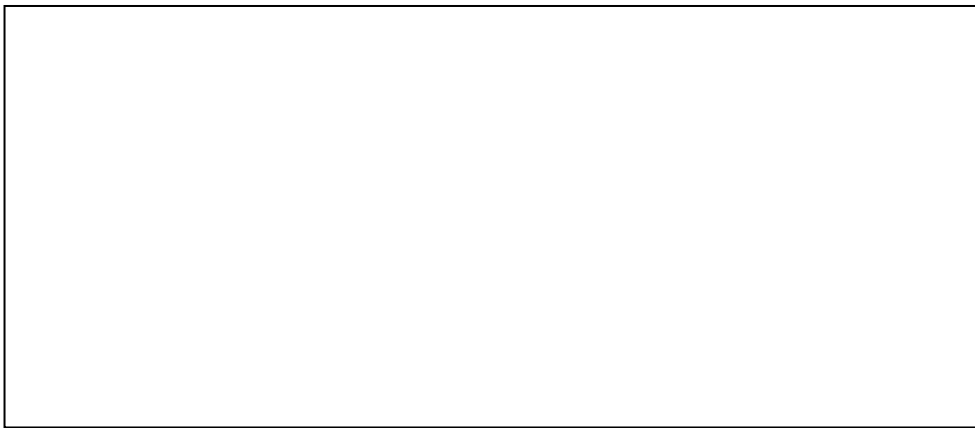
Why do you want to work as a Care Assistant?

Why do you believe Care Assistants are important?

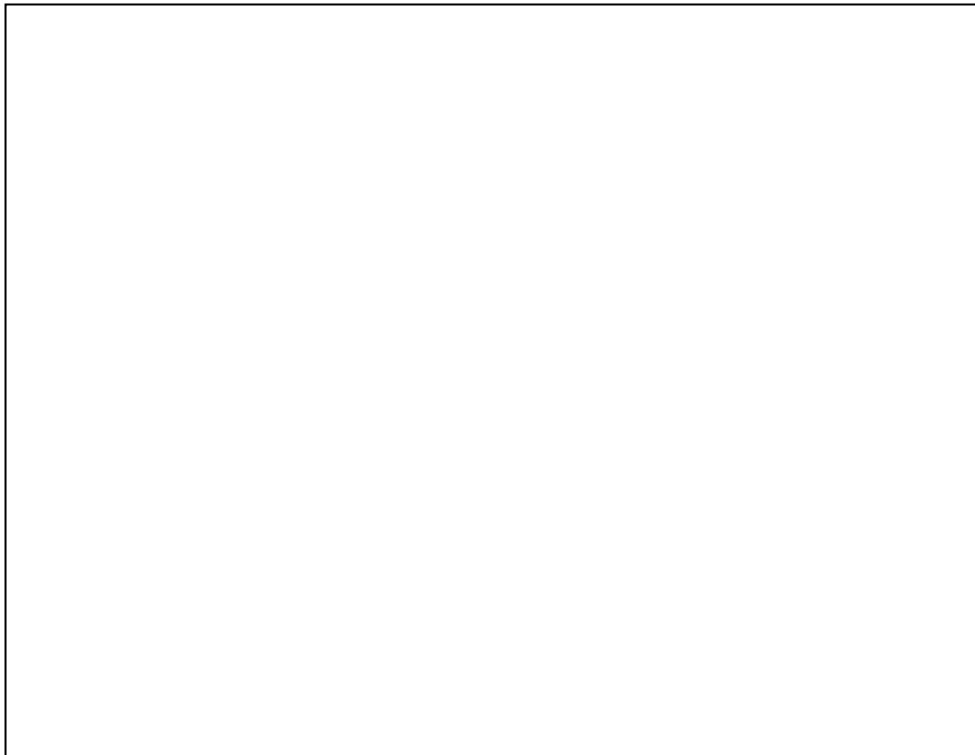
What specific types of Care would you supply to an Adult?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

What are the requirements for caring for patients/residents with Dementia?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

What is meant by helping old people maintain their dignity?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

Please write a short essay explaining your route to work in Adult Care:

Where you are now?

Steps to get qualified?

What experience do you need?

Further research required?



Are you considering any other careers?



If you have completed all sections, go back to the Main Menu to find the link to download and complete your certificate.

You will find that this worksheet forms part of the certificate, so don't think you can just get one without doing the work.

