

# Joined Up Careers Derbyshire

## Care Worker



### What is a care worker?

Care workers support people with all aspects of their day-to-day living, including social and physical activities, personal care, mobility and meal times.

You could work with lots of different people including adults with learning disabilities, physical disabilities, substance misuse issues, mental health conditions and older people. Care workers can work in a care home, in people's own homes or in the community.

### Do you have what it takes?

Previous experience and qualifications are not necessarily required – having the right skills and values are what employers look for in care workers.

Skills include: good listening and communication, basic maths and English, team working, respect and dignity for others, and having a commitment to providing quality care and support.

### What's in it for you?

- Rewarding career
- Training opportunities
- Career progression opportunities
- Flexible hours
- Variety of locations
- Competitive pay

### How can I find out more?

Visit the Skills for Care [website](#)

