

CAREER OF THE WEEK: Care Assistant

What does a care assistant do?

Care assistants support people who need help with daily tasks due to age, illness, or disability. You might work in someone's home, a care home, or even in a hospital. Your job is to make life easier, more comfortable, and more enjoyable for the people you care for.



Your duties could include helping someone get washed and dressed, preparing meals, giving medication, or simply being there for a chat. Some care assistants also help people get out and about – whether that's a trip to the shops or a walk in the park. It's all about making a positive difference to someone's life.

Being a care assistant means building real relationships. You'll need to be patient, kind, and a good listener. No two days are the same – but every day matters.

What can I expect to earn as a care assistant?

Starting salaries are usually around £20,000 per year, but this can vary depending on where you work and your experience. With time and extra training, your pay can rise to £25,000 or more. Some care roles also include bonuses for working weekends or nights.

You may also be paid by the hour if you work part-time or for a home care agency. The National Living Wage is the minimum, but many employers offer more – especially for experienced staff.

What subjects should I study to become a care assistant?

There are no strict GCSE requirements to become a care assistant, but it helps to have passes in:

English – for clear communication.

Biology – to understand how the body works and basic health needs.

Health & Social Care – if your school offers it.

More than anything, employers are looking for people with the right attitude: caring, respectful, and reliable.

How can I start my career as a care assistant?

There are several ways to get into care work:

Apply directly – Many care assistant jobs don't need experience. Employers often provide on-the-job training, especially if you show a passion for helping others.

Apprenticeships – You can do a Level 2 or Level 3 Adult Care Worker Apprenticeship, earning while you learn and gaining a recognised qualification.

College courses – Courses like a Level 2 Diploma in Health and Social Care can prepare you for care work and boost your CV.

Volunteering – Helping out in a care home or with a local charity can give you valuable experience and help you decide if care work is right for you.

Once in the job, you can work your way up. With experience, you could become a senior care worker, team leader, or even go into nursing or social work.

To research local education and training opportunities that could lead to a career as a care assistant, visit our partner website www.logonmoveon.co.uk

Other useful websites to find out more about a career as a care assistant:

National Careers Service, Care Assistant <https://nationalcareers.service.gov.uk/job-profiles/care-worker>

Skills for Care <https://www.skillsforcare.org.uk/Home.aspx>

Choose Care East Riding <https://www.choosecareeastriding.co.uk/>

Proud to Care Hull <https://www.proudtocarehull.co.uk/>

