

SUSSEX CARES - COULD YOU?

WHAT DOES A CARE WORKER ACTUALLY DO?

Many people assume the role is simply about helping with personal care, but the reality is so much broader and far more rewarding. Care workers play a vital role in helping people live independently, achieve their goals, and enjoy fulfilling lives. Every day is different, and the support you provide will depend on each person's individual needs, preferences, and aspirations.

Let's take a closer look at what the role really involves.

"My day might start with supporting people to get up, washed and dressed. Everyone needs different help, some people just need to be prompted to wash and put clothes on in the right order. Other people may need full support. After breakfast, I might join in some activities, or I may support someone to go be seen by the GP or have their haircut. Some days I might take people out to town or to the beach. "

SUPPORTING INDEPENDENCE

At the heart of every care role is one simple aim: helping people live as independently as possible. Rather than doing everything for someone, care workers support people to do as much as they can for themselves. This person-centred approach promotes confidence, dignity, and choice.

For one person, that might mean encouraging them to prepare their own breakfast. For another, it could involve supporting them to travel independently, attend college, or manage their own finances. Every achievement, no matter how small, is worth celebrating.

PROVIDING EMOTIONAL SUPPORT

Care isn't just about practical tasks, it's about people. A care worker often becomes someone a person can trust, talk to, and rely on. Sometimes the most valuable support you can provide is simply taking the time to listen, share a conversation, or offer reassurance during difficult moments. Building positive relationships is one of the most rewarding aspects of the role.



PERSONAL CARE

Some people need assistance with personal care as part of their daily routine.

This may include supporting someone with:

- Washing and bathing
- Dressing
- Oral hygiene
- Toileting
- Grooming
- Mobility and transferring safely

Personal care is always provided with dignity, privacy, and respect, ensuring the individual remains in control of their own choices wherever possible.

SUPPORTING EVERYDAY LIVING

Many people need support with everyday activities that others may take for granted.

This can include helping with:

- Preparing meals
- Shopping
- Household tasks
- Managing appointments
- Taking medication as prescribed
- Budgeting and paying bills

The goal is always to enable people to live as independently and confidently as possible.



ENCOURAGING HOBBIES AND INTERESTS

Life is about much more than meeting basic needs. Care workers help people enjoy the activities they love and discover new experiences.

You might support someone to:

- Go to the cinema
- Attend concerts or sporting events
- Join local clubs
- Visit family and friends
- Go shopping
- Enjoy holidays
- Go out for meals
- Attend a nightclub
- Learn a new skill
- Take part in arts, crafts, music, or gardening

You may even find yourself sharing your own hobbies and interests, creating enjoyable experiences together and building meaningful relationships along the way.

SUPPORTING HEALTH AND WELLBEING

Care workers play an important role in promoting both physical and mental wellbeing.

Depending on the individual's needs, this may involve:

- Encouraging healthy eating
- Supporting exercise and physical activity
- Monitoring wellbeing
- Recognising changes in health
- Working alongside healthcare professionals
- Promoting positive mental health

By helping people stay healthy and active, care workers contribute to improving quality of life.

WORKING AS PART OF A TEAM

Care is never a role you do alone. You'll work alongside experienced colleagues, managers, healthcare professionals, and family members to ensure each individual receives the best possible support.



NO TWO DAYS ARE EVER THE SAME

One of the biggest attractions of working in care is the variety.

A typical day might include:

- Helping someone prepare breakfast
- Supporting another person to attend work or college
- Accompanying someone shopping
- Supporting a person to attend a medical appointment
- Preparing lunch together
- Going for a walk or visiting a local café
- Helping someone enjoy an evening out with friends
- Completing records before finishing your shift

Every person you support has different goals, interests, and needs, making each day unique.

MORE THAN A JOB

Being a care worker isn't simply about completing tasks, it's about helping people live the lives they choose. It's about celebrating achievements, building confidence, supporting independence, and being there during both the everyday moments and life's biggest milestones.

Some days you'll help someone cook their favourite meal. Other days you'll support them to attend a family celebration, achieve a personal goal, or enjoy a holiday they've been looking forward to for months.

IS CARE RIGHT FOR YOU?

You don't need to be extraordinary to work in care; you simply need kindness, compassion, patience, and a genuine desire to help others.

Care workers are at the heart of their communities, helping people live with dignity, independence, and choice. The role is varied, challenging, and incredibly rewarding. It offers the opportunity to build genuine relationships, develop valuable skills, and make a positive difference every single day.

If you're looking for a career where no two days are the same and your work truly matters, becoming a care worker could be the perfect next step.