

SUSSEX CARES - COULD YOU?

FIVE MYTHS ABOUT WORKING IN CARE: DEBUNKED

If you've ever considered a career in care but hesitated because of something you've heard, you're not alone. Unfortunately, there are many misconceptions about what it's like to work in the care sector.

The reality is that care is one of the most rewarding, varied, and meaningful careers you can choose. Every day, thousands of dedicated professionals make a real difference to people's lives, helping them live with dignity, independence, and choice.

Let's take a look at five of the biggest myths about working in care and the truth behind them.

MYTH 1: "YOU NEED PREVIOUS EXPERIENCE"

The Truth: Many people start a career in care with no previous experience.

Care providers often look for people with the right values rather than an impressive CV. Kindness, compassion, patience, and a willingness to learn are often far more important than previous care experience.

Most employers provide comprehensive induction programmes and ongoing training, helping new employees develop the knowledge and skills they need to succeed.

If you have the right attitude, you already have one of the most important qualities needed to work in care.

MYTH 3: "THERE ARE NO CAREER PROGRESSION OPPORTUNITIES"

The Truth: Social care offers excellent opportunities to build a long-term career.

Many people begin as Care Assistants or Support Workers before progressing into roles such as:

- Senior Support Worker
- Team Leader
- Care Coordinator
- Trainer
- Quality and Compliance Officer
- Positive Behaviour Support Practitioner
- Registered Manager

Some even move into recruitment, HR, learning and development, operations, or executive leadership. With the right training and experience, the possibilities are extensive.



MYTH 2: "CARE WORK IS JUST ABOUT PERSONAL CARE"

The Truth: Personal care is only one part of the role and not every care role includes it.

Working in care is about supporting people to live the lives they choose. Depending on the service, you could be helping someone:

- Learn new skills
- Find employment or attend college
- Go shopping
- Visit family and friends
- Enjoy holidays
- Attend concerts or sporting events
- Join community groups
- Develop confidence and independence

Many care professionals spend as much time supporting people to achieve their goals and enjoy life as they do assisting with everyday tasks.



MYTH 4: "WORKING IN CARE IS THE SAME EVERY DAY"

The Truth: No two days are ever the same.

Every person you support has different interests, goals, and aspirations.

One day you might be helping someone prepare their favourite meal, while the next you could be supporting them to attend college, go on holiday, visit a football match, enjoy a night out, or achieve a personal milestone they've been working towards.

The variety is one of the reasons so many people love working in care.

MYTH 5: "CARE WORK ISN'T REWARDING"

The Truth: Ask almost anyone who works in care what keeps them motivated, and they'll rarely mention paperwork or shift patterns. Instead, they'll tell you about the people.

It's the smile when someone achieves something they never thought possible. The confidence someone gains after learning a new skill. The friendships that develop over time. The privilege of being trusted to support someone through both everyday moments and life's biggest milestones. Few careers offer the same sense of purpose and fulfilment.



THE REALITY OF WORKING IN CARE

Care is a profession built on compassion, respect, and empowerment.

It's about helping people live independently, supporting their choices, celebrating their achievements, and enabling them to live full and meaningful lives.

It also offers:

- Flexible working opportunities
- Ongoing professional development
- Nationally recognised qualifications
- Career progression
- Job security in a growing sector

The chance to make a genuine difference every day

IS CARE RIGHT FOR YOU?

You don't need to know everything before you start.

If you're someone who enjoys helping others, values meaningful relationships, and wants a career where your work has a positive impact, care could be the perfect fit.

Every experienced care professional started somewhere—and many began with no experience at all.

WHAT SUSSEX CARE PROFESSIONALS THINK ABOUT WORKING IN CARE

