

SUSSEX CARES - COULD YOU?

THE DIFFERENT TYPES OF CAREERS IN ADULT SOCIAL CARE

When people think about a career in adult social care, they often imagine working in a care home for older people. While this is an important part of the sector, adult social care is incredibly diverse, offering opportunities to support people of all ages with a wide range of needs.

Whether you're passionate about helping older adults, supporting people with learning disabilities, promoting mental wellbeing, or enabling people to live independently in their own homes, there's a career to suit your interests and strengths.

SUPPORTING OLDER ADULTS

Working with older adults is one of the most recognised careers in social care. Many older people need support to remain independent, whether that's in their own home, an assisted living setting, or a residential care home.

As a care professional, you might help with:

- Personal care
- Preparing meals
- Medication support
- Companionship
- Mobility
- Shopping and appointments
- Social activities
- Encouraging independence

DEMENTIA CARE

Supporting someone living with dementia requires compassion, patience, and an understanding of how the condition affects memory, communication, and everyday life.

Rather than focusing on what someone can no longer do, dementia care is centred around recognising each person's abilities, life experiences, and individuality.

You may support people by:

- Creating familiar routines
- Encouraging meaningful activities
- Providing reassurance
- Supporting communication
- Helping reduce anxiety and confusion
- Working closely with families



LEARNING DISABILITY SUPPORT

Supporting adults with learning disabilities is one of the most varied and rewarding areas of social care.

The focus is on enabling people to live the lives they choose and helping them achieve their personal goals.

Support may include:

- Developing independent living skills
- Accessing education or employment
- Managing money
- Learning to cook
- Building friendships
- Attending clubs and activities
- Going on holidays
- Supporting people to live in their own homes

AUTISM SUPPORT

Many adults with autism live independently with varying levels of support.

Care professionals help individuals build confidence, develop routines, manage anxiety, and achieve personal goals while respecting their unique strengths, preferences, and communication styles.

Support may involve:

- Promoting independence
- Developing social confidence
- Supporting employment or education
- Creating structured routines
- Encouraging community participation
- Helping people pursue their interests and ambitions

ACQUIRED BRAIN INJURY (ABI)

People living with an acquired brain injury may require support to rebuild skills, establish routines, and adapt to changes in their daily lives.

Support workers often help with:

- Rehabilitation goals
- Communication
- Memory strategies
- Daily living skills
- Emotional wellbeing
- Community access

MENTAL HEALTH SUPPORT

Mental health support workers help people experiencing conditions such as anxiety, depression, bipolar disorder, schizophrenia, or other mental health challenges.

The focus is on recovery, independence, and improving overall wellbeing.

Responsibilities may include:

- Providing emotional support
- Helping people develop daily living skills
- Supporting access to education or employment
- Encouraging healthy routines
- Building confidence
- Reducing social isolation
- Working alongside healthcare professionals

RESIDENTIAL CARE

Residential care homes provide 24-hour support for people who need ongoing assistance.

There are many different types of residential services, including:

- Older people's care homes
- Dementia care homes
- Learning disability services
- Mental health rehabilitation services
- Specialist autism services
- Complex care services

HOME CARE (DOMICILIARY CARE)

Home care professionals visit people in their own homes, helping them remain independent for as long as possible.

Visits may include support with:

- Personal care
- Medication
- Meal preparation
- Shopping
- Household tasks
- Companionship
- Health and wellbeing

SUPPORTED LIVING

Supported living enables people to live in their own homes while receiving the support they need. Support workers help people develop independence rather than providing care for them.

This might involve:

- Cooking together
- Managing finances
- Travelling independently
- Maintaining a tenancy
- Finding employment
- Building relationships
- Accessing community activities

WHICH AREA IS RIGHT FOR YOU?

Every area of adult social care offers something different.

If you enjoy building long-term relationships, you may enjoy working with older adults or in residential care. If you're passionate about promoting independence and helping people achieve personal goals, learning disability or supported living services may be a great fit. The good news is that many skills are transferable, meaning you can explore different areas throughout your career and discover where your passion lies.



No matter which area of adult social care you choose, one thing remains the same, you'll be making a positive difference to people's lives. Whether you're helping an older person remain independent, supporting someone with dementia to feel safe and valued, empowering an adult with a learning disability to achieve a lifelong ambition, or helping someone rebuild their confidence after a period of poor mental health, your work will have a lasting impact.