

# Level 1 Preparing to Work in Adult Social Care (Daytime)



Course Level: Level 1

Campus: Stafford

Subject Type: Care, Education, Nursing & Midwifery

## Course Overview:

If you're considering a career in adult social care but aren't sure where to start, our short and friendly Preparing to Work in Adult Social Care course is a great introduction.

Designed for people with little or no experience, the course helps you explore what it's like to work in care settings such as care homes or supporting people in their own homes. Co-designed with a local employer, it covers key responsibilities, core values like kindness and respect, and the essential communication, English, and maths skills needed in the role.

You'll build confidence, learn through practical examples, and discover your next steps in care or further training.

## What's Covered:

Our preparing to work in adult social care course has been co-designed with a local employer to ensure it meets the needs of both learners and employers. The course will help you learn about:

- What it's like to work in adult care
- The different types of roles and care settings, such as care homes or supporting people in their own homes.
- Key responsibilities in adult care, including helping with meals, daily routines, personal care, and ensuring safety.
- Core values such as kindness, respect, and dignity in care work.
- The importance of English and maths in accurate record keeping, with practical examples.
- Communication skills, both verbal and non-verbal, in the workplace.
- Next steps in care work or further study.

## Entry Requirements:

This short, friendly course is for people who are thinking about working in adult social care (such as care homes or home support) and want to understand more about the role while building their confidence.

You don't need any experience, just an interest in helping others and learning more about working in care.

## Assessment Information:

There are no tests or exams. You'll learn through fun, practical tasks and your tutor will give you regular feedback. You will track your progress on a simple learning plan together with your teacher.

## Fees and Financial Support:

This course is FREE to adults aged 19+ who have been a UK/EU Resident for 3 years or more.

## Progression:

After completing the course, you may choose to:

- Join a Care Level 1 or 2 course depending on your experience
- Take further English or Maths classes
- Get support with applying for a job or volunteering in the care sector

### **What else do I need to know?**

Please note that courses run subject to minimum viable class sizes.

Our daytime classes take place in welcoming community venues close to the college, offering a convenient and supportive learning environment. You'll have the opportunity to meet like-minded adults who are also looking to develop their skills, achieve their ambitions, and take the next steps in their careers.

## **How do I find out more?**

For further information, please contact our Adult Education Team on 01782 254211 or email [adult.education@nscg.ac.uk](mailto:adult.education@nscg.ac.uk).