



#ExperienceWorks

Edinburgh's part-time and vacation job market Care work and child care

What can I do?

Care-at-home workers help people with additional support needs to live independently. This could mean helping with cleaning, shopping and preparing meals, and personal care activities such as bathing and dressing. Other tasks might involve helping people get out and about to socialise and take part in activities. Some roles involve overnight stays.

Working in a nursing home, care home or day centre will involve similar duties, such as personal care, helping at meal times and helping residents to take part in activities.

You might work with a variety of client groups, for instance, the elderly, individuals with mental health issues, people with drug or alcohol addiction or those with a disability.

Working in child care can involve collecting children from school, taking them to activities, joining in play and supervising homework. You might also prepare simple meals and perhaps do housework. If you are asked to drive as part of your work you should check insurance cover.

Read about your working rights, National Minimum Wage and Tax on our website: [Your rights at work](#).

Where might I be working?

- In **private homes**, as a personal assistant supporting your employer to live independently. Sometimes your employer will be a support agency, such as [Lothian Centre for Inclusive Living](#), or a company in the independent health care sector, such as [Home Instead](#), who will recruit you to work with an individual.
- In **care homes, nursing homes and other supported accommodation** (both local authority and private sector). Community centres and day centres are other settings for this type of work. The [Care Inspectorate](#) regulates care services and produces reports on them.
- In the case of child care you might work privately for an individual family. Summer camps or residential schools are another option, as well as working for a child care agency, or in after school clubs or nurseries.

Where can I look?

- MyCareerHub. Access MyCareerHub from the [Careers Service website](#). Check for job titles such as personal assistant (PA), support worker, care worker, assistant, care companion, child carer, and nanny.





- Our [Recruitment Agency Survey](#) includes agencies specialising in care work. Some of these will be looking for people who already have experience.
- [Myjobscotland](#) advertises all job vacancies in Scotland's local authorities, such as City of Edinburgh Council.
- [Good Moves](#) is a career hub for the civil society, charity and voluntary sector.
- [Great Social Care](#) brings together recruiters and candidates from social work, social housing, and domiciliary and residential care sectors.
- General job search websites, such as [S1jobs](#) and [Scotjobsnet](#).
- Directly from websites of care providers, such as [Scottish Autism](#) and [Enable Scotland](#).
- [TFN \(Third Force News\)](#) is a daily news outlet for charities and voluntary organisations in Scotland.

What do I need?

You need to be patient, calm under pressure, and non-judgemental. You will need understanding and empathy, and it will be important to respect confidentiality. You will also need good communication skills and a good standard of English.

A qualification such as an SVQ Level 2 in Health and Social Care will be an advantage in some jobs. A background in nursing would also open up extra opportunities.

You may be required to register with the [Scottish Social Services Council](#).

You will probably have to join the PVG (Protection of Vulnerable Groups) Scheme. This scheme aims to ensure that people working with children have no known history of harmful behaviour. It can cost up to £59, which you'll usually have to pay yourself. Apply for your disclosure certificate from [Disclosure Scotland](#).

Everyone who works in the UK needs a National Insurance Number. You can start work without one, if your documentation shows you can work in the UK, but you must then apply for one immediately. Find the National Insurance and Tax Guide on our website for more information: [Working during your studies](#).

What might be next?

The skills gained working in this area can be useful for a number of graduate careers. Those thinking of developing a career in Education, Social Work, Social Care, Community Education, or Medicine will benefit from having experience in this type of work.

To find out more about graduate careers in these sectors visit the [Occupations](#) page on our website.





How can the Careers Service help?

The [CVs, Applications and Interviews Advice](#) page on our website provides information and guidance on applying for jobs, including advice on CVs and covering letters, application forms, selection tests and preparing for interviews.

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