



Your guide to working in adult social care.

If you're understanding and responsible, look into a career in adult social care at [CareToCare.Scot](https://www.caretocare.scot)

There's more to care than caring.



What is adult social care?

Adult social care is a satisfying and important job. As an adult social care worker, you'll have the opportunity to make a real difference to the lives of adults from different backgrounds who need support.

If you're understanding and patient, a good listener and someone who lives their life treating people with dignity and respect, then supporting someone to have as full and independent a life as possible could be the career for you. Social care jobs also offer genuine pathways for significant career progression and development opportunities if you want it.

This helpful guide will tell you all you need to know about starting a job in adult social care, including the roles available, how to apply for jobs and details on career progression.

Finding your role

The types of adult social care roles include:

Care at home

Supporting people in their own homes to live a more independent life. This could include people with learning difficulties, mental health conditions, sensory or physical disabilities. You'll be helping individuals with taking medication, eating meals, support for personal care and more.

Housing support

You'll be supporting people to live at home. This could include supporting access to work, health services, community facilities and education, so they can socialise, maintain their tenancy and do the things that are important to them.

Residential care

Supporting people living in care homes. People in care homes may have complex needs or conditions like dementia or be experiencing crisis and require the extra support that living in a care home provides. You'll need to be creative and dedicated, to ensure people have the best life possible during the current restrictions, including helping them keep in contact with the people who are important to them.

There's so much to working in adult social care

The Scottish Social Services Council (SSSC) is the regulator for the social services workforce in Scotland. You can learn more about the roles above, plus other areas such as working with people experiencing homelessness or addiction, on their careers website.

Learn more at learn.sssc.uk.com/careers/socialservices-and-healthcare

Starting in adult social care

You don't need any specific qualifications to start your career in adult social care. What you need is the right attitude and attributes, like patience, respect and teamwork.

These transferable skills that are vital to employers across all industries, are vital in adult social care. There is often scope for employers to invest in training and development for those who demonstrate them.

Once you've decided on the type of role in adult social care that you'd like, it's time to find it. Search for roles near you via the sites below:

- [My Job Scotland](#)
- [SJjobs](#)
- [Indeed](#)
- [Good Moves](#)
- [My World of Work](#)
- [DWP](#)
- [Because Scotland Cares](#)
- [Young Person's Guarantee](#)



How to apply

Most adult social care organisations, including local authorities, will ask you to complete an application form. These are designed so you can tell the employer a little bit more about you: your skills, background, strengths and values. It's an opportunity for you to demonstrate why you want to work in adult social care.

Learn more at myworldofwork.co.uk



Apprenticeships

Apprenticeships are another entry point for work in adult social care.

There are several different types, including modern apprenticeships (MAs), technical apprenticeships (TAs) and professional apprenticeships (PAs).

Modern apprenticeships are for all ages, and they're a great way for you to gain the skills you need in your adult social care job; all while being paid. The qualifications are developed by Sector Skills Councils (SSC), and deliver training at SCQF level 6 (SVQ2) or SCQF level 7 (SVQ3). They enhance the core skills needed for your role.

Search for a Modern Apprenticeship in Social Services and Healthcare at apprenticeships.scot or contact colleges and local training providers to find out about vacancies. If you're still in school, ask your careers adviser about the Foundation Apprenticeship in Social Services and Healthcare.

Technical apprenticeships and professional apprenticeships are higher-level apprenticeships that offer career skills – like building teams and managing budgets – rather than core skills. Like MAs, they are flexible work-based training – a way of improving your skills in line with specific business requirements. TAs deliver industry specific training to the level of SCQF level 9 (SVQ4) and PAs to the level of SCQF level 10 (SVQ4).

You can find more information on all types of apprenticeships at sssc.uk.com or through the [SSSC's online qualification pathways tool](#).



Starting in adult social care

Registration:



When you begin a job in adult social care, you'll need to register with the SSSC within six months of starting work. Registration makes you part of one of the biggest workforces in Scotland who take pride and passion in the work they do to improve the lives of people across the country. It also allows you to access to a wide range of support and resources.

Learn more about registration at [sssc.uk.com/registration](https://www.sssc.uk.com/registration)

On the job training:



Once you're a registered social services worker, you'll need to complete a qualification within five years of registration. This might be a modern apprenticeship or Scottish Vocational Qualification (SVQ), a college qualification or a university degree. Your employer will provide support. You can use the SSSC's online qualification pathways tool to learn which qualification is right for you and how to apply.

Access the tool at [sssc.uk.com](https://www.sssc.uk.com)

Career progression:



Careers in adult social care readily lend themselves to on-the-job training, and there are many ways to progress. Taking vocational courses such as dementia care, communication skills and team leadership is a great way to advance your career, whether that means moving into management or having a basis for transferring into other care specialisms or other areas of healthcare.

Where to learn more about adult social care

To find out more about adult social care, the types of roles in the sector and jobs available, visit: