

# A Day in the Life of a Care Assistant



# A Day in the Life of a Care Assitant

Have you ever considered a career in care but wanted to know more about what's involved day to day? We spoke to some of our dedicated Care Assistants to find out what a day in the life of a Care Assistant is really like.

## Handover

The first call of the day is to get a handover from the staff that were last on duty. Even if you worked the day before, speaking to your colleagues and checking the notes is essential. Small changes can make a big difference to our residents and this can influence the care or support that's required.

You'll check with the Senior Carer and Nurse on duty to see which residents you've been assigned to take care of. You might work alone, or you might be required to work in pairs for certain duties, for example, if a resident requires the support of a hoist.



## Throughout the day

You'll visit your assigned residents going room to room supporting with day to day activities, including personal care, readiness for meal times and ensuring residents are dressed and able to take part in the daily activities.

This may require you to:

- Reposition residents throughout the day to ensure they are comfortable and supported
- Assisting the residents to shower or bathe and helping them to dress
- Support residents going to the toilet and provide incontinence care such as changing pads or emptying catheter bags
- Apply creams, conduct skin checks and complete the required paper work

- Tidy communal areas, return meal trays and mugs to the kitchen and report any defects to maintenance
- Attend to our residents that have pressed their call bell and provide personalised care as and when required



**Personal care is part of the role, but you don't think of it. I'm looking after someone that needs my help and that's all that matters.**

*Kirsty  
Wkyebeck Court*



## Observations

You'll be required to report any changes in our resident's condition to the Nurse or the Senior Care Assistant at the earliest possible time. Alongside this, you will support the Nurse or Senior Carer in completing monthly and weekly checks e.g. weight checks to monitor the health of our residents.

- Assist residents out of bed or their rooms for meal times either transferring them to the dining room or for residents eating in their rooms, you'll ensure they are in a safe position to eat and that they're comfortable.
- Complete daily fluid and food charts for each resident.

## Meal Times

All our residents will have individual requirements and preferences for breakfast, lunch and dinner, so the care you provide during these times will depend on each resident's needs. You'll chat with the residents and ensure they are happy with their options.

You might also:

- Serve meals in the dining room or deliver meals to their rooms



Being a carer means being part of a whole new family. We are really changing people's in a positive way.

*Giada  
Dene Place*





## Morning & Afternoon Activities

Each morning and afternoon there will be activities that our residents can take part in if they wish. Some residents may prefer to enjoy time in the day room, to watch TV or go for a walk. If they're not taking part in the planned activity you might just sit with them and have a cup of tea or a chat. Depending on the individual residents you are caring for that day you'll:

- Transfer our residents to the main activity or lounge area or support them if they want to go for a walk.
  - Attend planned activities to assist the Activity Co-ordinator by either taking part in the activity or being on hand if any care is required.
  - Sometimes the activity is replaced with a day trip and you'll be required to attend and to support with any care required throughout the day. This could include going out for afternoon tea, a trip to the seaside or visiting the Zoo.
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## Liasing with families

You'll build relationships with all of our residents' families, providing support and ensuring they are kept up to date.

## Evening Time

You'll support our residents to get ready for bed. This might involve helping them to get into their nightwear and repositioning them to ensure they are safe and comfortable.

## Cleaning duties

You'll ensure the home is clean and tidy which could include:

- Taking dirty clothes or bedding to the laundry room
- Disposing of catheter bags
- Cleaning all hoists and wheelchairs
- Cleaning meal trays

## Admin

You'll notice that paper work comes up during the day. Completing this is essential as it allows a smooth transition when handing over to other team members and ensures the care of our residents is monitored.

You'll complete daily notes such as fluid and food charts and you'll have time throughout the day to update care plans with daily notes and ensure supplementary files are completed.



## Night Duties

During a night shift some of the duties include:

- Serving residents drinks before bed and updating fluid charts throughout the night
- Assisting residents getting dressed for bed
- Supporting residents going to the toilet throughout the night
- Repositioning residents throughout the night to ensure they are comfortable and supported.
- Updating paper work and supplementary files
- Attending to residents that have pressed their call bell and providing personalised care as required
- Conducting room checks throughout the night

## Handover

You'll ensure all your admin is completed and that supplementary files, daily notes and care plans are updated. You'll then handover to the team on the next shift, ensuring they're provided with any necessary updates regarding the care of our residents.

## You've made it to the end of the shift!

Our shifts usually start between 7am and 8am and are usually 12-hour shifts. Some of our homes can offer a 6-hour shift which would start at either 8am or 2pm but this can depend on the location of the home.

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You hear a lot of bad things about this industry but with the right surrounding and leadership it's a great industry to work in. I started in care and never looked back! You go home knowing you did something good for that person and what a nice feeling to go home with.

*Kirsty  
Wkykebeck Court*

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At Bupa care homes, it's our privilege to care for over 7,000 residents across England, Wales and Scotland, treating each and every person as if they were part of our family. Whilst most of our homes provide care for older people, some also offer support for young people with physical disabilities or neurological conditions. We're a big company but our purpose is simple – helping people live longer, healthier, happier lives.

## Want to know more?



Let one of our team call you to discuss your career at Bupa. Input your details at: [bupacarecareers.co.uk](https://bupacarecareers.co.uk)



Check out our social channels for an insight into life at Bupa!  
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