



What values do I need to work in social care?

Depending on the role, you always need qualifications or previous work experience in the sector to having the right values, behaviours and attitudes to work effectively with people who need care and support.

What are values in social care?

Values are the beliefs and views that people hold about what is right or wrong. They apply to all aspects of life and influence how a person **behaves** in different situations.

Here are some examples of the values and behaviours you might need to work in social care.

- Dignity and respect
- Learning and reflection

employees. want to see in

What employers would like to see	What employers don't want to see
Dignity and respect	
You spend time listening to people to get to know them and their needs	You ignore people and do not make time to welcome them or to get to know them and their needs

Demonstrating your values, behaviours and attitudes

You may not have experience of working in a social care role, but you might have other experience which demonstrates that you have the right values. You could draw on experiences from

- a hobby
- volunteering or work experience
- your home life
- a previous job (part time or full time)
- or from everyday living.

Have a think about some of the values and behaviours employers would like to see and write down examples of where you have used them.

Social care values	Your experience
Spending time listening to people to get to know them	
Respecting people's right to make their own choices and decisions	
Accepting and thinking about any feedback you are given and learning from the feedback.	

**Knowing your own limits
identifying when you need help
and support if you are feeling
stresro**

Understanding and respecting that other people have different priorities and needs

Giving people your full attention and helping people when they need it most

Being flexible and reacting calmly to whatever goes on in the day making changes as necessary