

Care support learner record essay sample

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Today I assisted a Carer with showering a service user, we agreed on what we were going to do at the start of the shift. We prepared all equipment we would need for the task. We worked together as a team. I found it difficult at the start as the woman I was showering was 87 years of age and it was my first time showering a woman but after a minute or so I settled down and everything was fine.

Identification of interpersonal issues that can arise in care work such as recognising diversity and individuality in clients, families and co-workers
From the service user care plan and hand over information I knew that the service user enjoys taking a shower each morning. Everything must be prepared for the client before she goes into the shower room and the room temperature should be warm and comfortable. We discussed this when agreeing our task. Effective reflection on own interpersonal skills and personal effectiveness as a care worker and highlight personal strengths and weaknesses
We talked with the service user explaining it was shower time and was she ok and ready to have one. I explained to the client step by step what we were going to be doing to perform the task. We then asked her if she had any fears, she said she was feeling a little anxious this morning so I put her at ease reassuring her she would be fine I would look after her and talk her through everything we would be doing. Completion of details skills audit

Communication is one of the skills I used with my client today. I feel I did well with today's task and settled the client when she became anxious. I have recorded this in my skills audit. Observations on the experience of receiving guidance and direction, and giving and receiving feedback I was shown how
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to use a wheelchair on my first day and how to move a patient from bed to the wheelchair. I was confident in handling the patient as I was shown how to do this in my manual handling training. The health care assistant I was working with was happy and complimentary with my work and so was I.

I found that having completed my manual handling before I started my work experience gave me a huge confidence boost. Reflection of interpersonal care work skills and procedures for safeguarding privacy and dignity of clients and caring for clients' property I asked the service user would it be ok to remove all jewellery valuables and explained where I was going to put them I was safely locking them away and that she would get them back after her shower. While showering the client we ensured maximum privacy, dignity and gave her independence to wash herself in areas that she can, closing and locking the door in the shower room, giving her a privacy blanket in the shower and bath robe while travelling back to her room. Reflection of the structure of the health service in Ireland and legislation governing care of a person in residential care It is vital to follow all policies and procedures set by the health service in Ireland to maintain good communication between clients, employers and Health Care Assistants.

“ Assisting a Service User to get dressed”

Reflection on relationships that develop in care work

On my second day of work placement I helped a resident to get dressed. The resident is suffering from an intellectual disability and is unable to talk which at the beginning was a bit daunting. As I started talking to the resident and letting her know what I was going to do I was able to encourage the resident that everything was fine and she was even able to her shoes on.

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