

Preparing to Work in Adult Social Care Certificate level 2

Course Overview

Our level 2 Certificate in Preparing to Work in Adult Social Care is a qualification designed for anyone starting out or considering a career in adult social care. It introduces the essential knowledge, values and responsibilities required to support adults safely, respectfully and professionally across settings such as care homes, domiciliary care, supported living and day services. You will explore key themes including communication, personal development, safeguarding, equality, person-centred care, health and safety and the importance of dignity and rights. This knowledge-only qualification provides a strong foundation for roles such as care assistant, support worker or home care worker, and offers a pathway into further study or employment in the sector.

What you will learn

There are nine units in this course.

Unit 1 – Principles of Communication in Adult Social Care Settings
Covers the importance of effective verbal and non-verbal communication, how to meet individual communication needs, and how to overcome communication barriers and maintain confidentiality.

Unit 2 – Principles of Personal Development in Adult Social Care
Explores reflective practice, identifying strengths and development needs, and how ongoing learning, feedback and professional growth improve care outcomes.

Unit 3 – Diversity, Equality and Inclusion
Examines how to promote equality, recognise discrimination and support inclusive practice when working with adults of varied backgrounds, abilities and needs.

Unit 4 – Principles of Safeguarding and Protection in Health and Social Care
Introduces types of abuse, signs to watch for, reporting procedures and how to keep individuals safe while following organisational and legal requirements.

Unit 5 – Introduction to Duty of Care in Health and Social Care
Explains responsibilities to individuals, managing risks, dealing with complaints and responding to conflicts or dilemmas in care settings.

Unit 6 – Understand the Role of the Social Care Worker
Covers working relationships, teamwork, boundaries, partnership working and the expectations of professional conduct in adult social care.

Unit 7 – Person-Centred Approaches in Adult Social Care
Focuses on promoting independence, choice, dignity and respect, and tailoring care to each individual's needs, preferences and goals.

Unit 8 – Health and Safety in Social Care Settings
Looks at legislation, risk assessment, infection control, moving and handling, fire safety and maintaining safe environments for adults and staff.

Unit 9 – Handling Information in Health and Social Care Settings
Covers confidentiality, secure record-keeping, data protection and appropriate information sharing within legal frameworks.

Course Fees

Please note that, upon successful completion of your course, you will receive an e-certificate by email. Printed certificates are not provided as standard. Awarding organisations have moved away from issuing physical certificates to support environmental sustainability, reduce their carbon footprint, and make it easier to obtain a replacement certificate if required. If you would like a printed certificate, this can be requested at a cost of £46, payable by the learner.

Course Progression

This course will help you feel more confident when supporting adults with care and respect. You will learn how to communicate clearly, keep people safe, and understand their rights and wellbeing. These skills can help you in everyday life as well as when supporting others.

Professional Benefits
This course gives you the basic knowledge needed for jobs such as a care assistant, support worker or home care worker. You will learn about important topics like safeguarding, communication and person-centred care. It is also a great first step towards a level 3 qualification or an apprenticeship in health and social care.

What Next?
A great next step is the level 2 Certificate in Understanding Dignity and Safeguarding in Adult Health and Social Care, where you will learn more about protecting vulnerable adults, promoting their rights, and providing safe, high-quality care.

What Happens Next

Apply online via the College website. You will be contacted to come into College if required, or you will be sent a conditional offer according to the entry requirements for the course. You will then be invited to enrol for your chosen course of study.

Course Details

Course Code	P01035
Start Date	Various
Study Hours	Part Time
Duration	16 weeks
Campus	DISTANCE
Level	2

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