



# THE ART OF UPSKILLING

Continuing professional development for social care practitioners.

**We've put together this essential guide for practitioners with hints and tips on maximising development opportunities with limited resources available.**

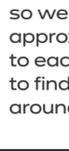
With so many progression opportunities available, working in the social care sector can be a career for life. This is why it's so important to stay motivated and up-to-date with best practice through continuing professional development (CPD) and lifelong learning.

CPD is an ongoing process throughout your working life which helps you to document your skills, knowledge and experience.

## Benefits of CPD

- Enhance your support for the individuals in your care
- Improve your performance and standards
- Be more confident and competent in your role
- Deal with new and complex situations effectively

It's important to remember that CPD doesn't need to be in the form of attending an offsite training course. It's a combination of approaches, ideas and techniques that can help you understand more about your working environment and how you can do your job to the best of your ability.



We understand that time isn't always on your side, so we've included approximate timings next to each activity. Use these to find something that fits around your schedule.

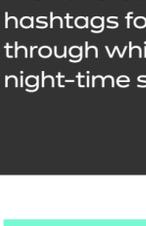
## Opportunities for progression

Social care is a growing sector which offers a range of rewarding careers, with many different job roles and opportunities for progression.

The number of **adult social care** jobs is projected to grow to around **2.2 million** by 2035.\*



**Between 2015 and 2050**, the proportion of the world's population over 60 years will **nearly double from 12% to 22%**.



\*Skills for Care report (2019).

## Staying social

Under 30 minutes

**Did you know social media is a great tool for keeping up-to-date with the sector and networking with like-minded practitioners?**

We've listed some useful accounts and hashtags for you to follow and browse through while you're enjoying your night-time scroll on Instagram and Twitter.



- @drjanetownson** is CEO of UK Homecare Association. A leader in social care, healthcare and housing.
- @cachealumni** for updates on new articles, podcast episodes and news from our alumni team.
- Stephen J Mordue **@swshorts** is a Senior Social Work Lecturer at the University of Sunderland. With a background in older peoples' care, he's got an interest in patient-led services, independence, living well whilst ageing and practitioner self-care.
- @CareIndustryNews** for news stories from UK independent care providers including elderly care, residential & nursing care, assisted living, mental health and all other types of adult health care.
- To browse a snapshot of the most popular health and social care ideas search **#healthandsocialcare #socialcare**

## Audio on the move

Under 1 hour

Make the most of your time during your daily commute by tuning into a sector podcast. Search for the following podcasts on Spotify, Apple Podcasts or your web browser.



- Pod-CACHE**  
Discover new ideas from across the sector and keep up to date with best practice with this exciting podcast from CACHE Alumni.
- The King's Fund**  
A podcast about big ideas in health and care. Hear from experts about the NHS, social care, and all things health policy and leadership.
- National Elf Service**  
Keeping you up to date with the latest reliable health and social care research, featuring interviews with leading experts in mental health.
- Social Work Shorts**  
Hosted by Stephen J. Mordue, lecturer in social work, and he chats about self-care, productivity and motivation.

## Keeping up-to-date

1-2 hours

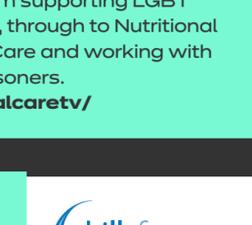
Staying up-to-date with the sector is essential and these expert-led online resources can help you to develop your skills and knowledge at your own pace – what's more, they can all be accessed online to fit around your busy schedule.

**CACHE ALUMNI**  
POWERED BY NCFE

CPD win

Join award-winning association, CACHE Alumni, to contribute to your CPD. Read health and social care articles from sector experts, take part in e-learning (free and paid) and use employability resources and support from the professional membership network. [cachealumni.org.uk](http://cachealumni.org.uk)

The team at Laser Systems work with industry experts to write CACHE-endorsed CPD courses covering a wide range of topics that can be completed online. [lasersys.co.uk](http://lasersys.co.uk)



social care institute for excellence

The Social Care Institute for Excellence offer a service called Social Care TV which provides video support on a huge range of topics ranging from supporting LGBT individuals in care, through to Nutritional Care, End of Life Care and working with the children of prisoners. [scie.org.uk/socialcaretv/](http://scie.org.uk/socialcaretv/)

Find information on funding available from Skills for Care for care workers and a list of qualifications that can be funded. [skillsforcare.org.uk/Learning-development/](http://skillsforcare.org.uk/Learning-development/)



OpenLearn is the Open University's free online learning platform. There are lots of courses on topics from dementia care to alcohol awareness. [open.edu/openlearn/](http://open.edu/openlearn/)

ACAS offer a set of short e-learning courses for employers and employees to know what their rights are in difficult times. [acas.org.uk/online-training](http://acas.org.uk/online-training)



The Dignity in Practice guide from Dignity in Care can help service users to feel more "seen" and cared for whilst receiving truly dignified care. You can gain a certificate and have the opportunity to pledge as a dignity champion. This will be a great addition to your CPD portfolio. [dignityincare.org.uk/Resources/](http://dignityincare.org.uk/Resources/)

## Plugging the skills gaps

Under 30 hours

Meet the demand and stay ahead of the crowd by completing additional CACHE qualifications, and enhance your skills and knowledge in key areas.

We offer qualifications ranging from Level 1 – Level 5 which are fit-for-purpose, and will meet your needs as well as your employer's. They will support you to improve outcomes for individuals in your care and be more confident in your role. They're categorised into 4 sections:

- Care conditions**  
For example, Level 2 Certificate in Understanding Autism GLH 152
- Specialist Care**  
For example, Level 1 Award in Mental Health Awareness GLH 24
- Core Practice**  
For example, Level 1 Award in Stress Awareness GLH 24
- Sector Specific**  
For example, Level 1 Award in Preparing to Work in Adult Social Care GLH 53

Get in touch to find out more about our products and services, or how we can support you with CPD.