

Level 2 Certificate in Preparing to Work in Adult Social Care

Course Overview

The 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. Learners 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

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 Progression

Personal Benefits
 This course helps learners build confidence in supporting adults with dignity, respect and understanding. It strengthens everyday communication by providing clarity on how to interact effectively and safely in real-life situations. Learners also develop a strong awareness of safeguarding, individual rights and overall wellbeing, enabling them to respond sensitively and responsibly in a range of scenarios. Alongside this, the course encourages reflective thinking and problem-solving, skills that enhance personal growth and positively influence relationships both at home and in the wider community.
 Professional Benefits
 Professionally, this qualification prepares learners for roles such as care assistant, support worker or home care worker by offering the essential foundational knowledge expected by employers across the sector. It deepens understanding of key principles such as legislation, safeguarding, communication and person-centred practice —areas that are vital for delivering high-quality care. In addition, the course provides an excellent stepping stone for career progression, offering a solid base for further study, including Level 3 qualifications or apprenticeships within health and social care.
 A strong next step is the Level 2 Certificate in Understanding Dignity and Safeguarding in Adult Health and Social Care — ideal for building deeper knowledge of rights, protection, empowerment and best practice when supporting vulnerable adults.

What Happens Next

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Course Details

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

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