

## Become a Care Home Friend Challenge: Notes for Leaders

### Week 4: “Who works in a care home and what do they do?”

Building on the introduction to care homes last week, this week we are thinking about the people who work in care homes and the kinds of support they give. Young people are introduced to some of the different roles in a care home and their respective job titles and responsibilities. Images and quotes from real-life carers help bring these roles to life.

Key Stages 1 and 2 will reflect on the individuals they need help from in their own lives, before thinking about the kinds of support that older people might need.

Key Stages 2 and 3 are reminded that care is a skilled profession and are asked to reflect on the qualities that people working in a care home have. Key Stage 3 also watch the ‘A Day in the Life of a Care Home Assistant’ - [https://www.youtube.com/watch?v=K\\_nxj3wxu7g](https://www.youtube.com/watch?v=K_nxj3wxu7g) (NB we do not have an affiliation to Agincare).

#### Activity Information

- The final topic ‘learning about dementia’ is topical because this week is Dementia Action Week, a campaign from the charity Alzheimer’s Society to raise awareness of dementia and encourage communities to take action to improve the lives of people living with dementia. More information is on their website: <https://www.alzheimers.org.uk/get-involved/dementia-action-week>. Adults and KS3 pupils might also be interested in becoming Dementia Friends: <https://www.dementiafriends.org.uk>.

Activity Answers for ‘Roles in a care home’:

Care Home Manager	I am responsible for the overall running of the care home. I lead the team.
Registered Nurse	I support residents with their medical needs.
Chef	My job is to prepare meals for people living in the care home. I also help serve the meals in the dining room.
Care Assistant	I help look after the needs of the older people by helping them to move around to a different room, to get dressed or to write a letter to family.
Activities Coordinator	I plan interesting activities for the residents such as crafts, trips out and games.

#### Things to consider

- Children and young people may have misconceptions about care home and this week’s activities this week aim to start dispelling these. Please use our additional background information about care homes to support you in engaging in conversations about care homes.
- It is important to continue highlighting that, for the person living in the care home, it is their **home**.
- With any conversations about older people, please be sensitive to the individual circumstances of young people; some may have recently lost a grandparent or valued older person and these conversations may be a trigger.

**Recommended additional reading for Key Stage 1 and lower Key Stage 2**

- *'When I grow up I want to be a Carer'* – by Jenni Mack, a former care home activities coordinator and ongoing social care advocate. It's a short and engaging picture book, ideal for reading aloud. The book was written in 2021 as a thank you to all those working in care during the Covid-19 pandemic. It highlights the brilliant work carried out in care homes and reinforces that working in care is a skilled and rewarding role. ISBN: 9798749778861