

Adult Care Worker Level 2 Programme Plan

Duration: 8–12 months



OFF-THE-JOB LEARNING ACTIVITIES

Learners complete 300 hours off-the-job learning throughout the apprenticeship during paid working hours to support the development of apprenticeship knowledge, skills and behaviours.

Activities may include:

Core Learning

- Interactive learning sessions
- Independent research
- Reflective practice
- Portfolio development
- Professional discussions
- Case study reviews

Workplace Learning

- Workplace observations
- Shadowing experienced colleagues
- Care planning activities
- Multidisciplinary working
- Skills Passport development

Professional Development

- Personal development planning
- Career development activities
- Communication development
- Equality and inclusion activities

Specialist Learning

- Dementia awareness
- Mental health awareness
- Learning disabilities and autism
- Infection prevention and control
- Nutrition and hydration
- Safeguarding
- Basic life support

PROGRAMME STRUCTURE

The Adult Care Worker Level 2 apprenticeship develops the knowledge, skills and behaviours required to provide safe, compassionate and person-centred care within adult social care settings.

The programme is designed for care professionals who support individuals with daily living activities, health and wellbeing needs, and independence. Learners develop the confidence and competence required to deliver high-quality care whilst working in line with legislation, policies and professional standards.

The apprenticeship is delivered through:

- Interactive learning sessions
- Self-led learning
- Workplace-based development activities
- Portfolio-based assessment through OneFile
- Skills Passport completion
- One-to-one coaching and support
- Workplace observations
- Reflective practice activities
- Completion of the social care certificate

Learning is applied directly within the workplace to support safe, effective and compassionate care delivery.

ASSESSMENT METHODS

Assessment is portfolio-based and demonstrates competence in both knowledge and workplace practice.

Examples include:

- Knowledge workbooks
- Professional discussions
- Reflective accounts
- Scenario-based activities
- Case studies
- Digital knowledge checks
- Workplace observations
- Skills Passport evidence
- Work-based evidence

All evidence is uploaded and reviewed through the OneFile e-portfolio system.



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Total off the Job Hours: 300

PROGRAMME DELIVERY

The programme combines knowledge development, reflective practice and workplace competency assessment to support occupational competence

Understanding Own Role

- Roles and responsibilities
- Professional boundaries
- Partnership working
- Professional standards
- Career development

Personal Development

- Reflective practice
- Personal development planning
- Continuous learning
- Professional growth

Duty of Care

- Duty of care
- Duty of candour
- Managing dilemmas
- Complaints handling
- Risk awareness

Equality, Diversity, Inclusion and Human Rights

- Equality and diversity
- Inclusive practice
- Human rights
- Respect and dignity
- Challenging discrimination

Person-Centred Practice

- Person-centred values
- Choice and independence
- Mental capacity
- Wellbeing and identity
- Individualised care

Effective Communication

- Communication methods
- Communication aids
- Confidentiality
- Partnership communication
- Person-centred communication

Privacy and Dignity

- Respect and dignity
- Supporting choice
- Active participation
- Positive risk taking
- Independence

Nutrition and Hydration

- Balanced nutrition
- Hydration
- Food safety
- Dietary requirements
- Supporting wellbeing

Mental Health and Dementia Awareness

- Mental health awareness
- Dementia awareness
- Personalised support
- Reasonable adjustments
- Promoting wellbeing

Safeguarding Adults and Children

- Adult safeguarding
- Child safeguarding
- Abuse prevention
- Reporting concerns
- Restrictive practices

Health, Safety and Basic Life Support

- Health and safety
- Risk assessment
- Basic life support
- Medication awareness
- Fire safety

Handling Information

- Confidentiality
- Record keeping
- Data protection
- Information sharing
- Information governance

PROGRAMME OUTCOME

Apprentices will be able to:

- Deliver safe, compassionate and person-centred care
- Promote dignity, respect and independence
- Support individuals with diverse needs
- Apply safeguarding principles confidently
- Communicate effectively with individuals and professionals
- Work safely and in line with legislation and policies
- Support health, wellbeing, nutrition and hydration
- Apply infection prevention and control procedures
- Maintain accurate records and handle information securely
- Contribute positively to high-quality adult social care services

Infection Prevention and Control

- Infection prevention
- PPE use
- Hygiene procedures
- Cross-contamination prevention
- Safe working practices

Learning Disability and Autism

- Learning disability awareness
- Autism awareness
- Reasonable adjustments
- Communication needs
- Promoting inclusion

CAREER DEVELOPMENT AND SUPPORT

Throughout the programme learners receive:

- Dedicated Skills and Development Coach
- Regular one-to-one coaching sessions
- Skills Passport
- Individual support and guidance
- Career Information, Advice and Guidance
- Progress reviews and feedback

Successful learners achieve the nationally recognised:

Adult Care Worker Level 2 Apprenticeship Standard.

PROGRESSION OPPORTUNITIES

Following successful completion, learners may progress to:

- Lead Adult Care Worker Level 3 Apprenticeship
- Safeguarding Support Officer level 3
- Level 3 Diploma in Adult Care
- Senior Care Worker positions
- Team Leader pathways
- Specialist care roles
- Further health and social care qualifications



 **Dynamic Training**

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