



Is Care for Me? The Reality Check Questionnaire

This questionnaire is designed to give you a better idea of whether you would be suited to a job in care. Think about each statement carefully and be honest with yourself.

	Yes	No
I am able to work as part of a team.	<input type="checkbox"/>	<input type="checkbox"/>
I am able to ask others for help if I need it.	<input type="checkbox"/>	<input type="checkbox"/>
I am sociable around people I have not met before.	<input type="checkbox"/>	<input type="checkbox"/>
I believe in equal opportunities for all regardless of sex, marital status, race, religion, belief, colour, age, sexual orientation, disability or political belief.	<input type="checkbox"/>	<input type="checkbox"/>
I believe in encouraging others to complete tasks themselves, even if I could do it much quicker myself.	<input type="checkbox"/>	<input type="checkbox"/>
I believe in promoting the rights and choices of an individual, even if I don't agree with their decision.	<input type="checkbox"/>	<input type="checkbox"/>
I would not feel self-conscious using non-verbal communication such as sign language.	<input type="checkbox"/>	<input type="checkbox"/>
If out shopping with a service user, I would be happy to introduce them to a personal friend of mine without feeling embarrassed.	<input type="checkbox"/>	<input type="checkbox"/>
I could stay calm in an emergency e.g when a person is having an epileptic seizure.	<input type="checkbox"/>	<input type="checkbox"/>
If a service user is verbally abusive towards me I could remain calm and professional, even if I don't feel like doing so.	<input type="checkbox"/>	<input type="checkbox"/>
I am happy to take part in domestic tasks such as shopping, cooking and cleaning.	<input type="checkbox"/>	<input type="checkbox"/>
I would feel comfortable working on a one-to-one basis with a service user.	<input type="checkbox"/>	<input type="checkbox"/>
I would feel comfortable helping somebody to take medication.	<input type="checkbox"/>	<input type="checkbox"/>
I am able to undertake manual handling and lifting.	<input type="checkbox"/>	<input type="checkbox"/>
I would feel comfortable in providing personal care e.g. bathing, cleaning someone's teeth, helping a service user to get dressed or helping a service user to use the toilet.	<input type="checkbox"/>	<input type="checkbox"/>
I am happy to work shifts and "unsocial hours" e.g. weekends and Bank Holidays.	<input type="checkbox"/>	<input type="checkbox"/>
I can be positive and enthusiastic at work, even if I don't feel that way.	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy learning and training.	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy a varied, unpredictable working day rather than a regular routine.	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "Yes" to less than 10 of these statements, then perhaps a role in care is not for you at this time.

If you answered "Yes" to between 10 – 15 statements, there may be some particular aspects that you need to consider more carefully, but don't let it stop you from continuing to think about a career in care.

If higher than 15 "Yes's" – you're just the sort of person that the care sector could be looking for!

This questionnaire is only to give you an idea of how comfortable and happy you might feel in a caring role. Whatever your score, do consider talking with someone already working in care or try to get some work experience before making any firm career decisions. This may help to clarify any concerns you have, or develop your understanding of a caring role.

For further information contact Care Focus on: **01823 461876** email: enquiries@carefocussomerset.org