



## Course details

### Course title

Foundations in Adult Social Care

### Course code

Q00027564

### Course date

Start: 07/09/26

End: 02/11/26

### Number of classes

8 sessions

### Timetable

Mon 7th Sep, 12:00 to 15:00

Mon 14th Sep, 12:00 to 15:00

Mon 21st Sep, 12:00 to 15:00

Mon 28th Sep, 12:00 to 15:00

Mon 5th Oct, 12:00 to 15:00

Mon 12th Oct, 12:00 to 15:00

Mon 19th Oct, 12:00 to 15:00

Mon 2nd Nov, 12:00 to 15:00

### Tutor

TBC T.B.C

### Fee range

Funding available - £192.00

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Whitehawk  
Whitehawk Road  
Brighton and Hove  
BN2 5NS

## **Level of study**

Entry Level

## **Course overview**

This course is funded by the Department for Education and only open to residents living in non devolved authorities. Foundations in Working in Adult Social Care introduces you to the values, responsibilities, and skills needed to work in the adult social care sector. You will explore who uses care services, the different places you might work, and why person centred care is so important. You will learn about key topics such as communication, safeguarding, duty of care, and basic health and safety. You will also develop an understanding of professional behaviour, teamwork, and your own personal development. The course will introduce you to safe ways of handling information and maintaining confidentiality. By the end of the course, you will have a solid foundation to help you decide if a career in adult social care is right for you.

## **Course description**

Foundations in Working in Adult Social Care is an introductory course designed to help you understand what it is like to work in the adult social care sector. You will gain a clear picture of who uses adult social care services, the different settings you might work in, and the values and qualities needed to support adults safely and respectfully.

You will explore the importance of person centred care, including how to support people's choices, dignity, independence, and individual needs. The course also covers the basics of communication—how to listen well, build positive relationships, and overcome common communication barriers.

Key topics such as safeguarding, duty of care, and health and safety are also included. You will learn how to recognise concerns, follow safe working practices, reduce risks, and help keep people safe and well.

You will look at your own personal development too, learning about professional behaviour, teamwork, and how reflection can help you improve your practice. The course also introduces you to handling information securely and respecting confidentiality.

By the end of the course, you will have a strong foundation to help you decide whether a career in adult social care is right for you, and what training or job opportunities you could explore next.

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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