



CareShield Case Study

My name is Christina Hardy, I'm a Coventry University graduate with a degree in Psychology and I currently work at The Stables Care Home in Hartshill. Recently, I completed my Level 2 Adult Care Qualification and managed to achieve a Distinction in my professional discussion and in my situational judgement test. Something I thought would be impossible for me. Not through lack of skill but through lack of confidence in my own abilities.

Throughout this course I was exposed to a vast amount of information which has helped me in my job role at The Stables Care Home. The information provided helped me to understand the importance of understanding my role and my responsibilities when caring for others, as well as my legal obligations in regards to national legislation and policies and procedures.

Having an in-depth insight into the world of adult care has helped me to become a better carer, in that it has helped me to understand scenarios that could arise and has given me the tools needed to be able to deal with such circumstances. Furthermore, it has given me confidence as I now know that I fully understand my job role as an adult care assistant. A realisation that has helped me remain calm in tough scenarios and has helped me with every day decision making.

Before taking this course, I was working in care. But I was fairly new to the job. Very overwhelmed with everything the job entailed but truly in love with everything that it encompassed. This course has helped me grow as an individual and as a carer, it has aided me in my self-esteem and has helped me develop my own skills and abilities as I gained experience through work.

Honestly, throughout the course I struggled a lot with time management and staying focused, working throughout a pandemic has been truly terrifying. The year of 2020 was an extremely challenging one, for private reasons and for obvious ones, such as the global pandemic. But, having something to focus my attention on helped me to stay grounded. I would once again like to thank my tutor assessor for being so patient and understanding throughout the duration of the course.

In regards to what I will do next, I'm undecided. However, completing this Qualification allowed me to challenge myself in a way I thought was impossible. I dreaded the day my professional discussion would roll around, but I pushed forward and simply told myself to 'try my best'. However, my tutor assessor, Charlotte Mellerick, had full confidence in my abilities and gave me all the help I needed to push forward through my doubts and worries. I honestly don't think I would have been able to complete this course without her help and guidance.

Furthermore, I received a tonne of support from my fellow members of staff at The Stables Care Home. They provided much needed words of encouragement and showed undying confidence in me as a member of staff, which helped me strive for a great result. I've never been good at verbalising my gratitude through spoken words, so I would like to thank them all here, from the bottom of my heart. I'm truly grateful.