

# Health and Care roles

01



## Ambulance Care Assistant

Ambulance care assistants take patients to and from hospital for appointments. You'll need to have driving experience, know your local area and have experience working with disabled or elderly people. The job may be physically and emotionally demanding and you might find it useful to have health or social care experience before applying for a job.

02



## Art Therapist

Art therapists help people express difficult thoughts and feelings through creative activities. Paid or volunteering experience with projects such as community arts or youth work could be helpful, but you would also need to go to university or do an apprenticeship as well as have a qualification in art, drama or music for this role.

03



## Care Worker

Care workers help vulnerable people manage their daily activities and live as independently as possible. You may help with washing and dressing, making food, or do household jobs like shopping. You could volunteer with an organisation that supports people or start as a Supported Intern in a hospital or care home.

04



## Dental Nurse

Dental nurses support dentists by sterilising instruments, preparing materials to make fillings or removing water from a patient's mouth during treatment. You could do a course at college or an Accessible Apprenticeship to give you the skills needed or start as a trainee in a dental practice.

05



## Healthcare Assistant

Healthcare assistants look after patients in hospitals or sometimes at a patient's home. You may help patients shower and get dressed, help them eat, make beds or help them to the toilet. You could start as a Supported Intern or work as a trainee care assistant while you complete a qualification.

06



## Hospital Porter

Hospital porters move patients, equipment and medical supplies around a hospital. The role could include moving patients on trolleys or in wheelchairs between departments, delivering clean linen or collecting waste. You can apply directly to get into this job but work experience in a healthcare setting or starting as a Supported Intern could also help.

07



## Nurse

Nurses care for people who are sick, injured or have physical disabilities. You need to be sensitive and understanding, and have a desire to help people. Nurses take temperatures, blood pressures and pulse rates, give drugs, treat wounds and monitor the progress of patients. You can get into this job through a university course or an Advanced Apprenticeship.

08



## Radiography Assistant

Radiography assistants help take images and scans of patients. You may reassure patients and get them ready for their x-ray or scan, help to process images or enter data into a computer. A college course may be useful before applying for jobs or you could start as a healthcare assistant and progress through training and promotion.

09



## Sterile Services Assistant

Sterile services technicians clean and decontaminate equipment used in hospital operating theatres, clinics and wards. You may check, collect and sterilise equipment, make sure that instruments are clean and working or deliver supplies to wards and departments. You could start by doing a Supported Internship at a local hospital to gain experience.

For information on Supported Internships and Accessible Apprenticeships

Email: [targetedemployment@essex.gov.uk](mailto:targetedemployment@essex.gov.uk)

or speak to your SEND Careers Advisor



Essex County Council