



Care Certificate Self-Assessment Guide

This guide is designed to help care workers understand the Care Certificate. Breaking down each of the 16 standards clearly and simply.

Introduction to the Care Certificate

The Care Certificate is made up of 16 standards that every care worker in the UK should know and follow. It helps ensure you have the right skills, knowledge, and attitudes to provide safe, kind, and high-quality care.

This guide explains each standard in simple terms. Care workers can use it to check their understanding and identify areas where they might need improvement or refresh their knowledge.

Each section includes practical examples and everyday explanations that show what good care looks like in real life

How to Use This Guide

- Use this guide as a friendly companion to your work.
- Read each standard and think about how it relates to your daily role.
- Reflect on your confidence in that area.
- Make notes on what you'd like to learn more about.
- Speak with your manager or assessor if you want to develop further.

Consider it a tool to help you understand what compliant care looks like and how to deliver it every day.

The 16 Care Certificate Standards (2025 Updated)

1 Understand Your Role

Know your responsibilities and the limits of your role. Follow your employer's policies, work as part of a team, and understand how your actions affect others. Always ask for support when unsure.

Example: Checking your care plan before supporting someone and asking your senior if something looks unclear.

2 Your Personal Development

Good carers never stop learning. Reflect on your work, welcome feedback, and use supervision or training to improve. Personal development keeps your skills fresh and your confidence high.

Example: After shadowing a senior carer, noting one thing you learned that you can use next time.



3 Duty of Care

You have a duty to keep people safe from harm. This means acting in their best interests and reporting concerns or mistakes quickly. Always follow safeguarding and reporting procedures.

Example: Reporting a fall immediately and completing an incident form, even if no injury is seen.

4 Equality, Diversity, Inclusion and Human Rights

Treat everyone with fairness and respect, regardless of age, race, gender, religion, disability, or background. Value people's differences, they make care richer and more personal.

Example: Supporting someone to practise their faith or observe cultural traditions.

5 Work in a Person-Centred Way

Focus on what matters most to the person you care for. Encourage choice, independence, and dignity. Every individual's needs and preferences are unique.

Example: Asking someone what they'd like to wear or how they'd prefer to spend their morning.

6 Communication

Listen carefully and speak clearly. Adapt your communication style to suit each person. This might include using gestures, pictures, or simpler language.

Example: Maintaining eye contact, speaking calmly, and using short sentences when supporting someone with dementia.

7 Privacy and Dignity

Always protect people's privacy and dignity, both physical and emotional. Knock before entering rooms, cover people appropriately, and keep personal information private.

Example: Closing curtains or doors before providing personal care.

8 Fluids and Nutrition

Encourage healthy eating and drinking. Be aware of people's dietary needs and notice signs of dehydration or poor appetite. Support meal choices that meet preferences and medical needs.

Example: Offering a drink regularly and recording fluid intake for someone at risk of dehydration.

9 Awareness Of Mental Health and Dementia

Understand how mental health issues, dementia, or learning disabilities affect people's lives. Show empathy, patience, and respect in all interactions.

Example: Giving someone with dementia time to respond instead of rushing their answers.



10 Adult Safeguarding

Everyone has the right to live free from abuse and neglect. Learn the signs, follow your organisation's safeguarding policy, and always report concerns immediately.

Example: Reporting unusual bruises or a change in mood that might suggest abuse.

11 Safeguarding Children

If your role brings you into contact with children or families, understand how to recognise and report concerns about a child's safety or wellbeing.

Example: Reporting to your manager if a visiting child appears frightened or hungry.

12 Basic Life Support

Be trained and ready to act in an emergency. Learn the correct steps for CPR and how to use emergency equipment safely.

Example: Calling for help, checking responsiveness, and beginning CPR following your training.

13 Health and Safety

Keep yourself and others safe. Use equipment correctly, follow risk assessments, and report hazards. Good care depends on a safe environment.

Example: Wearing protective gloves when cleaning and reporting a spill immediately.

14 Handling Information

Respect confidentiality. Store, record, and share information securely and only when necessary for someone's care.

Example: Locking away personal files and discussing service users only with authorised staff.

15. Infection Prevention and Control

Prevent infection by following hygiene procedures, wearing PPE, and maintaining clean environments. Your actions protect everyone.

Example: Washing hands thoroughly before and after all personal care tasks.

16. Awareness Of Learning Disability and Autism

Understand how to support people with learning disabilities or autism in a respectful and individual way. Focus on communication, consistency, and patience.

Example: Allowing extra time for someone to make decisions or process information.



Why the Care Certificate Matters

- The Care Certificate helps create consistency and trust across all areas of health and social care.
- It shows that care workers have the essential knowledge and values to provide safe, person-centred care.
- Completing it builds confidence in care abilities for real care settings.
- Provides a strong foundation for further qualifications and career progression.

Further Reading & References

- NHS England: Care Certificate Standards – www.hee.nhs.uk/our-work/care-certificate
- Skills for Care: Resources for Adult Social Care Workers – www.skillsforcare.org.uk
- Skills for Health: Health Workforce Development – www.skillsforhealth.org.uk
- Access Skills: Accredited Health & Social Care Training – www.accessskills.co.uk/qualifications/

Keep Learning, Keep Caring

Every small act of care makes a big difference — you make a real difference every day.

Ready to Take the Next Step?

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