



Working for Carers Factsheet

Transferable Skills

As a carer, you will have a unique set of skills which can be transferred to many different job roles.

Examples of transferable skills

- Excellent timekeeper
- Friendly
- Great communicator
- Creative
- Patient
- Adaptable to new situations
- Team player
- Can handle responsibility
- Good IT skills
- Enjoys a challenge
- Problem solver
- Approachable
- Enthusiastic
- Good with figures
- Reliable
- Pays attention to detail
- Great listener
- Good at multitasking
- Motivated
- Completes tasks
- Keen to learn
- Good leadership abilities
- Confident
- Able to work to deadlines

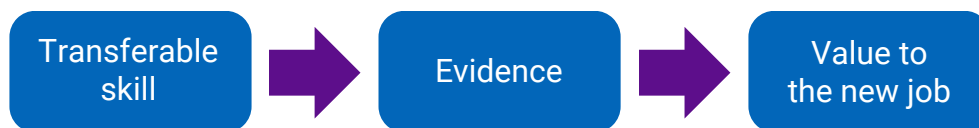


- As a carer, you are likely to have some of these transferable skills already
- For example, you may be good at multitasking as you have to juggle a number of caring tasks; or, you are good at numbers because you have to manage finances for yourself and someone else

- It's important to list the transferable skills you have and demonstrate how you have used these skills in the past
- This will provide your potential employer with real-life evidence about your ability to use these skills again in the future

Evidencing your transferable skills

- You can follow a simple structure to provide evidence towards your skills



- For example:

I have excellent organisational skills (*transferable skill*).

I was responsible for managing appointments, maintaining correspondence with professionals, ordering and administering my grandmother's medication as her carer (*evidence*).

The organisational skills gained from my caring role have prepared me to take on new responsibilities, plan my time, and maintain my workload effectively (*value to the new job*).



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Carer centres

North Tyneside Carers' Centre is your local carer's centre if the person you support lives in North Tyneside.



0191 249 6480



enquiries@ntcarers.co.uk



www.northtynesidecarers.org.uk

Newcastle Carers is your local carer's centre if the person you support lives in Newcastle.



0191 275 5060



info@newcastlecarers.org.uk



www.newcastlecarers.org.uk

Carers Northumberland is your local carer's centre if the person you support lives in Northumberland.



01670 320 025



info@carersnorthumberland.org.uk



www.carersnorthumberland.org.uk

Useful resources

National Careers Service has a range of tools, training, information, advice and guidance



www.nationalcareers.service.gov.uk

JobHelp has hints and tips on applying for jobs and ideas about different jobs



www.jobhelp.campaign.gov.uk

Contact your local carers centre for employability support through the Working for Carers project.

They can also help you to identify your transferable skills.

Working for Carers

Employment and educational support for unpaid carers

A partnership between Newcastle Carers, North Tyneside Carers' Centre, and Carers Northumberland.

This project is funded by the UK government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead.



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