

CHOOSING THE RIGHT JOB



Who is this for?

Unpaid carers and former carers who are looking to move into employment or change jobs

What to think about

You might have an idea of the sort of job you would like, but it is helpful to think about the options available to you.

Consider:

- What interests you have.
- Your skills and experiences.
- The skills you want to develop.
- Are you looking for a short-term or permanent job?
- Do you want to work full-time or part-time hours?
- Do you want regular hours or do you want to work more flexibly?

Where do you want to work?

Would you prefer to work for a larger or smaller organisation?

Would you prefer to work for a private company, a charity or in the public sector?

Do you want to be close to home or are you happy to travel?

Do you want to work in an office, outside, at home, on a shop floor or somewhere else?

Do your research to find out what's out there. It may help to talk to someone about your options. You can call your local Jobcentre Plus or talk to your local carers centre.



There are also websites you can visit, such as the National Careers Service (or call 0800 100 900), and online tools you can use to help you choose the right job for you.



Gaining skills and experience

If you are unsure of what you want to do, or you want to gain new skills, you could consider:

Work experience: short-term, unpaid work to gain experience in a specific sector.

Volunteering: unpaid work that may be temporary or longer-term with regular hours.

Apprenticeships: on-the-job training, working towards a qualification.

Traineeships: a short-term course with work experience to get you ready for work.

Internships: temporary positions that may be paid or unpaid.

Education/training: courses are offered by universities, colleges and other providers.

Learning for Living (Carers UK) is an online resource that can help you recognise the skills you have gained in your caring role.

© Carers Trust 2023

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, 10 Regent Place, Rugby CV21 2PN

Further information

Find your local carers centre:

www.carers.org

Find your local JobCentre Plus:

<https://find-your-nearest-jobcentre.dwp.gov.uk>

Learning for Living:

www.learning4living.org

National Careers Service:

<https://nationalcareersservice.direct.gov.uk>

Apprenticeships:

www.gov.uk/apprenticeships-guide

Volunteering opportunities:

<https://do-it.org/> and <https://timebank.org.uk>

Your notes