**Video transcript for ‘What is social care?’**

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Social care provides support to people of all ages

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living in communities across Wales,

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day and night, 365 days a year.

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People access care and support for various reasons.

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It could be to get support to establish safe and stable environments,

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to manage their physical and mental health or to live independently.

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Unpaid carers who provide care and support

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to family members or friends can also access social care.

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The term ‘social care’ covers a range of activities

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such as practical and emotional support, providing information,

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advice and equipment, safeguarding and personal care.

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Social care can take place in a range of settings,

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including people's homes, care homes,

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day centres, hospitals, or in other community locations.

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It is provided by organisations, including local authorities,

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private companies, charities, and not-for-profit organisations.

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A significant amount of care is also provided by unpaid carers.

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Tens of thousands of highly-skilled, well-qualified

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professionals work in social care in more than 75 roles.

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Most social care workers in Wales must register

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with Social Care Wales and follow codes of professional practice.

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The Codes set standards of behaviour to support people's safety and well-being.

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Social care workers support people to express what's important to them

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and set goals by building meaningful relationships that value people's

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experiences, language and culture.

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They support people to identify and make the most

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of their personal strengths, skills and support networks,

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including family, friends and resources in their local community.

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They work with people in crisis situations and over the longer term.

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Social care organisations work with other professions such as health, education

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and the police to provide services with integrity, empathy and expertise.

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A social care worker to me would be,

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amazing, fantastic, and caring,

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and help me live a normal life.

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To find out more about social care,

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visit socialcare.wales

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Want a career in care, visit

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wecare.wales.