

# Meet Aiste

Assistant Manager in a mental health residential home



## What is an assistant manager in social care?

Aiste works as an assistant manager in a residential care home for people with mental health conditions. Her role includes:

- assessing people who need care and support
- dealing with forensic mental health referrals
- developing care plans
- updating policies and procedures
- training new staff.



She loves the interaction with the people she supports and enjoys seeing them happy.

Aiste is still involved in supporting people with their personal care needs as she feels this makes her better informed to develop their care plan.

**The best managers are those who start in front line care roles and develop their skills and knowledge to progress**

## How did she get here?

Aiste loves being around people and helping others and decided to do a social work degree after school in Lithuania. During this course, she did placements in a range of services and volunteered with a support line for women. After her degree she worked with an organisation that supports homeless people.

Aiste then decided to gain international experience and moved to the UK in 2011. She registered with the Health and Care Professions Council (HCPC) so she could practice as a social worker.

Aiste decided to work in a support role to gain experience in the UK health and social care sector and to help her understand legislation she might need to know in social work.

As a support worker Aiste completed her Level 3 Diploma in Health and Social Care to develop her knowledge and skills. Although she already has a social work degree, she found this qualification useful to develop her understanding and practice specific to her role and organisation.

Within six months she was promoted to assistant manager and is currently studying for her Level 5 Diploma in Leadership for Health and Social Care. She feels that she has been able to progress due to her personal motivation and the support network she has at work; her manager is an important role model.

## Where can it take her?

Aiste hopes to set up a new residential supported living service and become a registered manager. In the future she's interested in becoming an inspector for CQC; this involves ensuring social care providers are providing high quality care.



## What would she say to others interested in a career in care?

Aiste would encourage anyone who is a 'people person', loving and caring to consider working in social care.

She says there are lots of opportunities to progress as well as a range of different types of work you could do in social care. But you have to be interested in helping others.

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