

GREEN SKILLS

FOR ADULT CARE WORKERS

THE ULTIMATE GUIDE FOR THE
ADULT HEALTH & SOCIAL
CARE SECTOR

WITH CURRICULUM EMBEDDING
GUIDANCE

NORTHERNSKILLSNETWORK.CO.UK



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CARE GREENER

Green skills for adult care workers involves incorporating sustainable and environmentally conscious practices into their caregiving routines. As the world becomes more focused on sustainability, adult care workers can play a crucial role in reducing the environmental impact of their work while maintaining high-quality care for their clients. Here are some green skills that adult care workers can develop:

1

Energy Efficiency

Care workers can learn to be mindful of energy consumption in the homes of their clients. They can educate clients about turning off lights, unplugging unused appliances, and properly using heating and cooling systems to conserve energy and reduce utility bills.

3

Sustainable Nutrition

Care workers can educate clients about the benefits of consuming locally sourced, seasonal, and organic foods. They can help clients plan meals that have a lower carbon footprint and promote healthier eating habits.

2

Waste Reduction

Adult care workers can teach clients about proper waste segregation, recycling, and composting. They can help clients minimize single-use items and encourage the use of reusable products like water bottles, cloth napkins, and shopping bags.

4

Reducing Chemical Exposure

Adult care workers can explore and recommend eco-friendly cleaning products that are safer for both the environment and the health of clients. They can also help clients avoid using excessive chemicals in their homes.

5

Outdoor Engagement

Care workers can incorporate outdoor activities into their caregiving routines, encouraging clients to spend time in nature and benefit from its therapeutic effects. This could involve gardening, nature walks, or simply enjoying outdoor spaces.

7

Digital Literacy

Teaching clients how to use technology to connect with loved ones, access healthcare information, and manage appointments online can help reduce the need for physical travel and paperwork.

9

Reducing Water Usage

Care workers can promote water-saving habits to clients, such as fixing leaks promptly, using water-efficient appliances, and being mindful of water usage during daily activities.

6

Transport Alternatives

Care workers can discuss transportation options with clients, including carpooling, using public transit, or walking when possible. This can help reduce air pollution and congestion.

8

Medication Disposal

Adult care workers can educate clients on proper disposal methods for medications to prevent them from entering water systems and harming the environment.

10

Promoting Mindfulness

Encouraging clients to practice mindfulness and relaxation techniques can not only support mental well-being but also lead to reduced stress and consumption, contributing to a more sustainable lifestyle.



LONG TERM BENEFIT

By incorporating these green skills into their caregiving practices, adult care workers can contribute to a more sustainable and eco-conscious approach to providing care. These skills not only benefit the environment but also enhance the quality of life for both the clients and the care workers themselves.



- Digital Literacy



- Waste Reduction



- Mindfulness

CURRICULUM EMBEDDING

HOW CAN PROVIDERS EASILY INCLUDE GREEN SKILLS IN THEIR ADULT CARE PROVISION?



Educate the apprentice on the types of healthcare-related waste and how to dispose & recycle sustainably.



Have your apprentice explore their company's local resources & support groups that promote sustainability & well-being.



Have your apprentice query their client/company's supply chain & suggest they look into more local & eco-friendly suppliers.



Carbon calculators are useful to any business. Educate apprentices on how to calculate carbon output for their clients in an accessible way.



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CHANGE WILL NOT COME IF WE WAIT ON SOME OTHER PERSON OR SOME OTHER TIME.
WE ARE THE ONES WE'VE BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK. -
BARACK OBAMA

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