

Personal Staff Skills Self Assessment Report

Example

Name	Entry 25
Role	Care Assistant
Date of Survey	March 2025

My Core Skills Map

You said you think your level of delivery in these areas is

I have a good understanding of my role as a care professional	
I have a Professional Development Plan, and follow this	
I am aware of, and are confident to follow the "Duty of Care" principles	
I feel confident in applying the principles of equality, diversity and inclusion	
I feel confident to provide person-centred care	
I feel confident communicating with people receiving care, families, and colleagues	
I understand the needs of the individuals I support, including their conditions and how this affects their day-to-day life	
I feel confident in respecting an individual's dignity and privacy	
I feel confident in handling confidential information in line with information governance laws	
I feel confident in maintaining quality care records	
I feel confident in Safeguarding the individuals I support from abuse and harm	
I have an understanding of Mental Capacity and feel confident applying this in my role	
I have received training in First Aid and feel confident to use this in an emergency	
I understand the importance of advance care planning for residents and am aware of the different documentation such as RESPECT and DNACPR	
I feel confident in understanding an individuals nutritional needs for their age including MUST assessment and management	
I feel confident in how to support residents to maintain good hydration and understand the impact dehydration can have on physical health	
I feel confident in identifying if an individual is deteriorating physically through observation and health observations and I understand where to escalate	
I understand how to use Positive Behaviour Support structures and tools to best support individuals living with dementia using strategies to reduce distress or crisis	
I understand the importance of enabling residents to stay mobile and independent wherever possible throughout their care	

My Learning

You said within the last 12 months you have had training in

Y/N	Skilled?	Confident?	Knowledgeable?
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			

You said within the last 3 years you have had training in

Y/N	Skilled?	Confident?	Knowledgeable?
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			
Yes			

NOTE - where a line is blank the responder has indicated that this area is not applicable to their role

KEY

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Yes
No

Strongly Agree
↓
Strongly Disagree

Yes
No

Very
↓
Not at All

How do you feel about work

- I feel safe at work
- I feel supported at work
- I feel enabled at work
- I feel appreciated at work
- I feel listened to at work

More About My Learning

What style of training do you think you learn best from?	What other training would you like in relation to your role?	How many years have you worked in care?	How often are you observed and provided with improvement feedback since you probation?
Face-to-face			
e-learning			
Blended (e-learning and face-to-face)			
Other (please specify):			
	I would like to develop my knowledge and have more clinical trainings as became a senior	7 Years	-