Level 3 Diploma in Adult Care

TQUK Accredited



Overview

This Level 3 TQUK accredited Care Diploma provides a unique opportunity for carers to enhance their skills, knowledge, and behaviours required to work with adults in care. The training has been delivered with the help of funding from the South Yorkshire Mayoral Combined Authority through its Adult Skills Fund.

This diploma covers essential concepts in modern care, including the duty of care, safeguarding and protection, strategies for promoting well-being and techniques for individual needs.

The programme is suitable for both care workers and senior care workers, offering the perfect platform to enhance and develop their knowledge to deliver the highest level of care.

At TRN we offer strong Information, Advice and Guidance to ensure that everyone fully understands the context of their learning and assessment methods. We take time to map out their career progression through personalized learning pathways as well as the company training matrix.

TRN Teach, Reach, New horizons

SOUTH YORKSHIRE SYMCA MAYORAL COMBINED AUTHORITY

Programme Outline

- TQUK Level 3 Adult Care Diploma regulated by **Ofqual**
- Duration - 9 months
- Delivery model - Blended approach including mandatory monthly teaching and learning workshops, knowledge workbooks, observations, reflective accounts, case studies, discussions and witness testimony.
- Flexible study days followed by a month to achieve clinical competencies.
- Remote monthly 1-2-1 teaching, learning and assessment sessions with your Skills Coach. (approx. 1hr)

14 Mandatory Modules (39 Credits)

- Agreed Ways of Working in Care Settings
- Duty of Care in Care Settings
- Effective Communication in Care Settings
- Equality, Diversity, Inclusion and Human Rights in Care Settings
- Handling Information in Care
- Health and Safety in Care Settings
- Importance of Choice and Independence in Care Settings
- Importance of Health and Wellbeing
- Infection Prevention and Control in Care Settings
- Capacity and Restrictive Practice in Care Settings
- Person-Centred Practice in Care
- Safeguarding in Care Settings
- The Importance of Continuous Development
- Importance of Personal Wellbeing

3-5 Optional Modules (19 Credits)

Example Modules:

Administer medication, Mental capacity act 2005, Diabetes awareness, Pain Management, Stroke awareness, Dementia, End of life, Advanced care planning, Support individuals with Parkinson's, Physical disabilities, Dementia care. Over 90 to choose from.

Funding Eligibility

- ✓ Be aged 19 or above on 31st August 2026
- ✓ Must not already have a level 3 or higher
- ✓ Live in England
- ✓ Must ordinarily reside in the UK - Must not be on a student visa, skilled worker visa or seasonal worker visa
- ✓ Not have already completed the qualification
- ✓ Not be on any other funded training (e.g. apprenticeship)
- ✓ Reside in South Yorkshire Mayoral Combined Authority – Sheffield, Doncaster, Rotherham, Mexborough, Barnsley
- ✓ Earn below £34,977.43

Training Qualifications UK
Inspire • Achieve • Succeed

ofqual REGULATED

Mandatory Teaching and Learning Schedule:

Level 3 Diploma in Adult Care – Average 9 month duration

Month	Teaching and Learning Activity	Group or 1-2-1?	Duration	Total hours in month
1	British Values and Prevent Duty, Wellbeing and Mental Health	Group	2 hours	2 hours
	Introduction to Learning Assistant (e-portfolio)			
2	Safeguarding	Group	1 hour	2 hours
	Mental Capacity	Group	1 hour	
3	Communication	Group	1 hour	2 hours
	Personal Development	Group	1 hour	
4	Building the Right Values and Behaviours	Group	1 hour	3 hours
	My Role as a Care Worker	Group	1 hour	
	Optional Unit 1	Group	1 hour	
5	Planning Person Centred Care	Group	1 hour	4-5 hours
	Optional Unit 2	Group	1 hour	
	Observation 1	1-2-1	2-3 hours	
6	Championing Health and Wellbeing - Fire Safety and Accidents	Group	1 hour	2 hours
	Optional Unit 3	Group	1 hour	
7	Championing Health and Wellbeing - Infection Control	Group	1 hour	2 hours
	Optional Unit 4	Group	1 hour	
8	Leadership and Mentoring Skills	Group	1 hour	4-5 hours
	Optional Unit 5	Group	1 hour	
	Observation 2	1-2-1	2-3 hours	
9	Conflict Management	Group	1 hour	2 hours
	Optional Unit 6	Group	1 hour	
	Optional Unit Workshop choices:			
	Optional – End of Life	Group	1 hour	
	Optional – Dementia	Group	1 hour	
	Optional – Autism	Group	1 hour	
	Optional – Stroke	Group	1 hour	
	Optional - Specific Communication	Group	1 hour	
	Optional - Medication	Group	1 hour	
	Optional - Diabetes	Group	1 hour	
	Optional – Moving and Handling	Group	1 hour	
	Optional – Care of the Elderly	Group	1 hour	

First 42 Days on Programme

Induction Day 1: Check tech access and engagement, set Assignment 1, book first 2 workshops, signpost LA video

Week 1-2 Assignment 1: 15 GLH of activities to complete in the first 2 weeks, then upload to LA using the step-by-step guide.

Week 2: British Values / Mental Health Workshop (2 hours)

Week 3-4, Assignment 2: 15 GLH of activities to complete in weeks 3–4, then upload to LA using the step-by-step guide.

Week 5: First Assignment set following attendance at Safeguarding Workshop Safeguarding Workshop (1hr)

121, week 6: First visit with your Skills Coach. Initial review of Assignment 1.

42 Day Commitment Review: Learner commitment reviewed; Assignment 1 Completion and Uploaded to LA, Workshop 1 Attendance, Assignment 2 Completion and Uploaded to LA, Workshop 2 Attendance, GLH Record Uploaded to LA (33.5hrs)