BTEC Level 3 Diploma in Adult Care (England)-2026

During this qualification you will develop your skills in working with and supporting people in a range of situations to meet their needs and assist them in daily tasks.

You will support people by meeting their healthcare or social needs and requirements as necessary, and develop your skills by working with and supporting people in a range of situations.

Development of skills is supported by underpinning knowledge. You will actively engage yourself in your professional development and agree a personal development plan to identify areas for your own learning and development, record your progress on your development plan and reflect on your progress against it.

This qualification contains 15 mandatory units and a large number of optional units within it to help you gain skills and knowledge in areas which are relevant to your job role.

The requirements outlined below must be met for Pearson to award the qualification.
Minimum number of credits that must be achieved: 60 Credits
Number of mandatory credits that must be achieved : 41 Credits
Minimum number of optional credits that must be achieved : 19 Credits

Mandatory units

1 Ways of Working in Adult Care

2 Safeguarding in Adult Care

3 Mental Capacity and Restrictive Practice for Adult Care

4 Duty of Care in Adult Care

5 Effective Communication in Adult Care

6 Handling Information in Adult Care

7 Person-centred Practice for Adult Care

8 Choice and Independence

9 Health and Wellbeing for Adult Care

10 Equality, Diversity, Inclusion and Human Rights in Adult Care

11 Health and Safety (General) for Adult Care

12 Health and Safety (Topics) for Adult Care

13 Infection Prevention and Control in Adult Care

14 Continuous Development when Working in Adult Care

15 Personal Wellbeing when Working in Adult Care in Adult Care

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Optional units:
All optional units can be found on the Pearson website for the qualification under the course materials tab as separate PDF documents.

Group B1 – Optional context or specialist knowledge units

Unit 14-Understand the Purpose and Principles of Independent Advocacy

Unit 15-Understand Mental Wellbeing and Mental Health Promotion

Unit 16-Understand Mental Ill Health

Unit 17-Principles of the Mental Capacity Act 2005

Unit 18-Understanding the Process and Experience of Dementia

Unit 19-Understanding and Meeting the Nutritional Requirements of Individuals with Dementia

Unit 20-Understanding the Role of Communication and Interactions with Individuals who have Dementia

Unit 21-Understanding the Impact of Dementia on End-of-life Care

Unit 22-Understand Physical Disability

Unit 23-Understanding the Impact of Acquired Brain Injury on Individuals

Unit 24- Understanding Sensory Loss

Unit 25-Understand Supporting Autistic Individuals

Unit 26-Understand Parkinson's for Care Staff

Unit 27- Principles of Management and Leadership

Unit 28-Principles of Team Leading in Care Settings

Unit 29-Understanding Professional Supervision

Unit 30-Awareness of Diabetes

Unit 31-Understand Models of Disability

Unit 32-The Principles of Infection Prevention and Control
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Group B2 – Optional competence units

Unit 33-Support Individuals with Issues of Substance Misuse

Unit 34-Provide Support to Manage Pain and Discomfort

Unit 35-Undertake Agreed Pressure Area Care

Unit 36-Safe Movement and Handling of Individuals in Accordance with Own Care Plan

Unit 37-Working in Partnership with Families to Support Individuals

Unit 38-Promoting Positive Behaviour

Unit 39-Supporting Individuals at the End of Life

Unit 40-Supporting Individuals during Last Days of Life

Unit 41-Assessing the Physical Needs of Individuals with Mental Ill Health

Unit 42-Supporting Individuals with Multiple Conditions and/or Disabilities

Unit 43-Supporting Individuals to Access Education, Training or Employment

Unit 44-Supporting Infection Prevention and Control in Care Settings

Unit 45-Promoting Nutrition and Hydration in Care Settings

Unit 46-Assessing the Needs of Carers and Families

Unit 47-Contribute to Effective Team Working in Care Settings

Unit 48-Encouraging Learning and Development in Care Settings

Unit 49-Buddy a Colleague to Develop their Skills

Unit 50-Administering Medication to Individuals

Unit 51-Prepare for and take Physiological Measurements

Unit 52-Supporting Individuals in the Use of Assistive Technology

Unit 53-Enabling Rights and Choices of Individuals with Dementia while Minimising Risks

Unit 54-Prepare for and Support Quality Audits in Care

Unit 55-Support Independence in the Task of Daily Living

Unit 56-Equality, Diversity and Inclusion in Dementia Care practice

Unit 57-Provide Active Support

Unit 58-Support Individuals to Access and Use Services and Facilities

Unit 59-Support Individuals to Maintain Personal Hygiene

Unit 60-Supporting Infection Prevention and Control in Social Care

Unit 61-Support Individuals to Live at Home

Unit 62-Meet Food Safety Requirements when Providing Food and Drink for Individuals

Unit 63-Support Individuals with Specific Communication Needs

Unit 64-Support Care Plan Activities

Unit 65-Administer Medication to Individuals and Monitor the Effects

Unit 66-Supporting People with Learning Disabilities

Unit 67-Empowering and Enabling People with Learning Disabilities

Unit 68-Supporting Effective Communication with People with Learning Disabilities

Unit 69-Promoting the Health and Wellbeing of People with Learning Disabilities

Unit 70-Understanding how to Support Healthy Relationships for People with Learning Disabilities

Unit 71-Supporting People with Learning Disabilities as they Grow Older

Unit 72-Understanding how to Support people who at Times Present Behaviour of Concern

The units in this qualification are assessed through an internally- and externally quality-assured Portfolio of Evidence made up of evidence gathered during the course of the learner’s work.

If you need to discuss the course contents or the different payment options, please speak to one of our course advisers on +442083185860