

## Softs Skills in the Job of Caregivers of Seniors

**Anica Novak Trunk**

International School for Social and Business Studies. Slovenia  
anicanovak@yahoo.co.uk

**Alenka Bernik Dermol**

International School for Social and Business Studies. Slovenia  
alenka@dermol.si

**Monika Drag**

University College of Enterprise and Administration in Lublin, Poland  
m.drag@wspa.pl

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### Abstract

*Soft competencies are crucial for caregivers working with seniors because they provide a foundation for effective communication, problem-solving, and teamwork, which are all necessary for providing the best possible care and support to seniors. For example, effective communication skills can help caregivers understand seniors' needs and concerns, while also ensuring that seniors feel heard and valued. Additionally, patience is important when working with seniors, as it can take longer for them to complete tasks or communicate their needs.*

*Furthermore, the ability to adapt to changing situations and be creative in finding solutions to problems is also essential for caregivers working with seniors. This is because each senior has unique needs and requires an individualized approach to care. Being able to adjust and find creative solutions to meet those needs can lead to better outcomes for seniors and greater job satisfaction for caregivers.*

*In addition to benefiting seniors, soft competencies can also improve relationships between caregivers and other healthcare professionals, or family members involved in seniors' care. Effective communication and conflict resolution skills, for example, can help caregivers work collaboratively with other professionals to address issues related to seniors' care. Additionally, a positive attitude and ethical approach can help caregivers build trust and rapport with seniors and their families.*

*Overall, developing soft competencies is crucial for caregivers working with seniors, and by focusing on specific competencies and practicing regularly, caregivers can improve their performance and make a positive impact on seniors' lives.*

**Keywords:** soft skills, caregivers of seniors, trainings, Erasmus+ project Care for You