**SHAVONNE POWELL**

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**Core Competencies**

Bachelor's degree discipline Human Services.

6+ years work experience in healthcare industry.

Aptitude to acquire industry specific software technologies suites: macros, G-suits, Slack, 1 Password.

Use healthcare experience and skills to make sound decisions, advise, research, and coordinate to aid customers in healthcare related tasks.

Support Wellthy with improving and updating of guides and community resources.

Represent the company at health fair events and assist with open enrollments.

Asist other service team members, give feedback and suggestions related products, service, marketing and guides.

**Professional Experience**

**Best Care I** Minneapolis, MN 11/2013 — Present

Personal Care Aide

**Responsibilities:**

Maintain a clean, safe, comfortable and healthy environment for clients.

Use proper body mechanics.

Assist with activities of daily living, personal care: bathing, skin care, dressing, undressing, oral hygiene, shaving, and grooming.

Assist the client with self-administration of medications. Change dressing if applicable.

Accompany and transport client to doctor's office visits.

Maintain client care by changing bed linens, and assist with incontinence issues.

Preform housekeeping duties such as cooking, cleaning, washing clothes, dishes and running errands.

**Companion Housing I** St. Louis Park, MN 12/2014 — 08/2016

Direct Support Professional

**Responsibilities:**

Assist clients in a group home setting providing practical hands on support of activities of daily living.

Provide support and personal care to a range of clients with a variety of different needs based upon individual service plan. Administer medication according to RN instruction.

Establish supportive relationships with service clients based on mutual respect and equality.

Support and assist clients with shopping, cooking, cleansing, budgeting personal care and other household task. Support and assist clients to access services that will help them to maintain their homes.

Responsible for maintaining records such as support plans, daily logs, time sheets, and incident reports. Participates in providing an on call and or sleepover service.

Carry out other related duties within scope of the job in order to meet the needs of clients and or agency.

**Senior Helpers I** Roseville, MN 07/2014 — 07/2016

Home Health Aide

**Responsibilities:**

Provide transportation to doctor appointments and personal care, including assistance with bathing, grooming, dressing, toileting, meal preparation and vital signs.

Perform housekeeping duties such as cleaning and laundry.

Plan and prepare nutritious meals according to each patient individual health needs.

Assist with exercise and physical therapy sessions by following medical instructions.

Provide medication reminders.

Monitor and record client vital signs such as blood pressure, pulse, and temperature.

Observe clients to ensure that they are comfortable and report any untoward incidents immediately.

Create and maintain patient record in an accurate and confidential manner.

Provide evening and overnight companionship and safety for client in private home and or resident

**EDUCATION: Metropolitan State University** Saint Paul, MN B.A Degree