



## CONTACT

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## SKILLS

- Person-centered care planning
- Dementia & Alzheimer's support
- Manual handling & mobility assistance
- Medication prompting and documentation
- Safeguarding Adults and Children
- Infection prevention and control
- Excellent written and verbal communication
- Empathy
- Patience
- Active listening
- Multidisciplinary team collaboration
- Accurate record-keeping (daily logs, MAR charts)
- MAPA

## LANGUAGES

English:

# Aduragbemi Samson Shodeinde

## PROFESSIONAL SUMMARY

Compassionate and dedicated Health Care Assistant with over 2 years of hands-on experience delivering high-quality, person-centered care in both domiciliary and residential settings. Skilled in supporting individuals with complex needs including dementia, learning disabilities, and mobility impairments. Recognized for exceptional communication, empathy, and adherence to safeguarding standards. Committed to promoting dignity, independence, and well-being in every aspect of care. Fully trained, Care Certificate compliant, and DBS-checked.

## WORK HISTORY

### Support Worker

01/2025 - Current

**Avery Health Care** - Northampton, Northamptonshire

- Supported an individual with EUPD, Autism Spectrum Disorder, and a mild learning disability.
- Offered reassurance and emotional validation, responding sensitively to emotional needs with positive reinforcement.
- Used appropriate physical touch (e.g., holding hands or hugs) to provide comfort during distress.
- Encouraged cooking and baking skills, assisting with meal preparation (e.g., chili con carne, spaghetti Bolognese).
- Supported daily tasks, boosting confidence and independence.
- Organized sensory activities, karaoke, and music sessions based on personal interests (e.g., Justin Bieber, Jason Derulo).
- Encouraged fashion and hair styling as a form of self-expression to build confidence.
- Accompanied the individual on community outings for social interactions and shopping.
- Promoted social inclusion and reduced feelings of isolation through positive engagements.
- Built trust by understanding emotional triggers and responding proactively to challenging behaviors.

### Personal Care Assistant

05/2019 - 12/2024

**Isolo General hospital** - Lagos, Nigeria

- Provided daily assistance to elderly and disabled patients in a hospital setting.
- Supported rehabilitation and physiotherapy activities.
- Maintained patient dignity and privacy while delivering compassionate care.
- Recorded vital signs, helped with feeding and personal hygiene.

### Volunteer Support Worker

01/2018 - 04/2019

**AIESEC** - Eskişehir, Turkey

- Supporting an individual who has disability with personalized care.
- Promoting independence, and ensuring equal access to opportunities. This includes helping with daily activities, offering emotional support,

and creating an inclusive environment where they can learn, work, and participate fully in society with dignity and respect.

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## EDUCATION

**NVQ Level 3 Diploma:** Health and Social Care, 01/2024  
**Academy for Health and Fitness**

**Award Certificate :** Care collection, 05/2025 – 05/2025  
**Florence Academy**

**Award Certificate :** Observation Skill for Carers, 05/2025 – 05/2025  
**Academy for Health and Fitness** - Birmingham

**Award certificate :** Care certificate course, 05/2025 – 05/2025  
**Academic for Health and Fitness** - Birmingham

**GCSE:** Mathematics, English, 03/2003 – 07/2009  
**Hans Private School** – Ikotun  
GPA: Credit

**Diploma:** Computer Engineering, 08/2009 – 04/2011  
**Computer Engineering Training** – Ejigbo, Nigeria – Certificate

**National Diploma:** Marketing, 04/2011 – 07/2013  
**Lagos State Polytechnic** – Ikorodu

**HND in Marketing:** Marketing, 03/2013 – 05/2016  
**Lagos State Polytechnic** – Ikorodu – Distinction

**National Service:** Marketing, 06/2016 – 07/2017  
**National Youth Service Corps (NYSC)** – Oyo State, Nigeria

**VACATION,** 08/2017 – 12/2017  
**Vacation**

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## CERTIFICATIONS

- Care Certificate, 2024-01-01, Completed Online & Practical
- NVQ Level 3 Diploma in Health & Social Care, 2024-01-01, Academy for Health & Fitness
- Basic Life Support (BLS)
- Moving and Handling (People & Equipment)
- Safe Handling of Medication
- Infection Prevention & Control
- Fire Safety & COSHH
- Mental Health Awareness
- Equality, Diversity & Human Rights

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## HOBBIES AND INTEREST

- Research
- Reading
- Music
- Sport
- Making new friends

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## **REFERENCES**

References available upon request.

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## **LANGUAGES**

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