

ISTVAN KALMAR

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Nationality: Hungarian

PROFESSIONAL SUMMARY

Compassionate Care Assistant with 5+ years experience. Confident with personal care (washing, dressing, toileting), safe moving & handling, infection prevention. Strong record-keeping and clear handovers; delivers consistent, person-centred care while maintaining dignity and independence. Calm, empathetic, hard-working, positive and reliable.

WORK HISTORY

March 2025 – Currently

Massage Therapist

London

2020 – March 2025

Care Assistant

Homecare - Hungary

August 2017 - Dec 2019

Care Assistant

Riverside – London

6 Months of experience

as Care Assistant at

Carlton Court Care Home

My duties as Care Assistant were:

- Provided personal care and support with daily living activities, including personal care, bathing, dressing, and mobility assistance and feeding
- Helped maintain a safe, clean, and supportive living environment
- Handled challenging behavior in a proper and calm way
- Offered companionship and emotional support to reduce isolation and promote independence
- Ensured dignity, respect, and confidentiality in all aspects of care delivery
- Kept accurate daily records and documentation of care provided
- Supported residents nutrition and hydration needs, encouraging and assisting them to eat and drink according to their care plan

SKILLS

- Empathetic and patient
- Good communication skills
- Teamwork and collaboration
- Attention to detail

- Knowledge of Health & Safety Procedures
- Infection prevention & control
- Patience and resilience under pressure
- Helpful and proactive

EDUCATION

2012 - 2013

Nursing Assistant Certificate: Equivalent to NVQ Level 3 in Health and Social Care
Bildung Bt. | Szekesfehervar/Hungary