**MARTHA OKHAISHIE**

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**PERSONAL PROFILE**

A hardworking, professional care assistant with relevant experience in taking care of the aged/ children. I have worked in a care home and have been actively involved as part of a team taking care of the elderly Residents, following laid down procedures, and respecting the wish of the Residents, providing ‘person-centred’ care as stated in the care plans of the Residents. I am self-motivated, enthusiastic, emotionally intelligent with a generally kind, friendly, confident, and professional disposition. Currently seeking employment in a reputable care company in the Aberdeen area.

**Core skills**

* Over Five years’ experience in nursing homes and domestic care
* Calm, caring and supportive
* Excellent communication skills
* Flexible and enthusiastic
* Training in health and social care

**Employment history**

**Care Assistant** Rena Medical Centre, 2012-2017

Hawkhill House Nursing Home Aberdeen 2018-2019

Persley Castle Care Home Aberdeen 2019-Til date

**JOB RESPONSIBILITIES:**

Working as part of a core team providing essential care for the elderly and in Care homes and hospitals. Carrying out everyday duties in clients’ homes with the emphasis on promoting and maintaining their well-being and independence.

**Duties**

* Providing everyday care to clients in their own homes
* Focusing on personal hygiene, mental stimulation and general well-being
* Ensuring clients’ homes are clean and comfortable
* Managing clients’ care logs and medical requirements
* Transporting clients to various appointments and activities
* Assisting residents with personal care, including washing, dressing and general hygiene
* Creating work schedules and tasks for team members
* Preparation of meals and snacks and assisting with feeding when required
* Organising social events and activities designed to stimulate and entertain the residence
* Preparing and distributing meals
* Keeping up to date observations records.
* Preparing and serving supper
* Helping Residents into bed at bedtime
* Keeping the home clean by using appropriate infection control and cleaning procedures.
* Helping to create a stimulating and homely environment.
* Making and changing beds and ensuring that rooms are clean and tidy.
* Segregating and disposing of waste materials.
* Providing emotional support
* Carrying out the night checks to ensure Residents are safely in bed.
* Attending to continence needs at during the night.
* Assisting the Residents with personal care in the morning.
* Carrying out continence assessments
* Generally ensuring the safety of Residents during the night shift.

**Learning and development trainings completed**

* Manual handling
* Health and safety at work
* Equality and diversity
* Safeguarding
* Emergency procedures
* Person-centred care
* Falls awareness
* Infection prevention and control
* Covid awareness trainings and proper PPE use
* Safer people handling in direct care
* Food hygiene

**Educational qualifications**

**HND and ND** Business Administration

**References available on request**