

MIRIAM DUBE

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Doncaster, United Kingdom



Objective

A caring health care assistant bringing a record of success in maintaining safe, patient-focused environment. Versed in hygiene standards and sanitising procedures for optimum patient health. Careful with medications and thorough in completing prescribed treatments.



Experience

Helping Hands Home Care

30/11/2022 - To Date

Live-in carer

- Creating and amending health, rehabilitation, care and dietary plans every week, reviewing and amending based on health developments and changing needs
- Managing all medication-related activities, including administrating at allocated times and measuring with correct doses
- Creating fun and exciting activities for patients based on needs,abilities and preferences including outings,games and shows
- Providing families with regular updates on progress, changes and developing health needs
- Responding promptly and efficiently to emergencies, providing first aid and contacting 999
- Conducting client grooming daily,including washing, bathing, hair brushing and applying makeup
- Cultivating strong bonds with patients by providing ongoing support, friendship and companionship

Eden Aged Home

Jan 2022 - Oct 2022

Care Assistant

- Diarised and reminded residents of their medical appointments
- Completed and observed residents care needs according to their individual care plan
- Assisted with medication administration
- Offered companionship to residents and assisted with continued exercises and hobbies
- Reported the well-being of residents and offered relevant assistance as required
- Changed bed linen, emptied commodes and cleaned service users rooms
- Assisted service users in the promotion of physical and mental health activities like reading, talking and writing
- Assisted nurses and other staff members when needed
- Utilized equipment to move service users when necessary
- Personal care including infection prevention and control, personal hygiene and overall reassurance
- Sterilizing of equipment used by nurses
- Assisted with administrative duties, documented and kept accurate appointment records of service users

Life Springs Special Needs

Jan 2021 - Dec 2021

Voluntary Caregiver

- Maintained excellent relationship with children by going an extra mile to attending to their needs and provided ongoing support
- Monitored children's behaviour closely to determine health changes, reporting concerns immediately
- Supported children's wellbeing by planning and participating in daily activities and exercise
- Provided care to children following detailed care plan
- Monitored children's progress, identifying and proactively addressing obstacles hindering learning

Private Caregiver

Feb 2017 - Dec 2020

Caregiver

- Created care plan with the help of family members to manage all home and health responsibilities
- Ensured that appointments are made, medication is properly administered and issues addressed before they became a life threatening situation
- Regularly checked on medication supply and counted opened medication on a daily basis
- Properly documented everything that happened during my shift, made recommendations for additional Care when needed.



Education

Helping Hands Care

2023

Care Certificate

Alison

2022

Diploma in Caregiving

Lopdale Consultancy

2006

Front Line Support

University of South Africa

2021

Bcom Marketing Management



Skills

- Effective communication, listening and maintaining all relevant health and safety standards
- Time management, Accurate record keeping and computer literate
- Excellent grasp of basic caregiving procedures
- Wide experience in providing care and comfort to the elderly and vulnerable
- Able to identify potentially unsafe conditions and situations
- Approachable and willing to assist all the time
- Team player, able to take instructions easily



Reference

Available on request -