

SOLOMON MUTESWA
4 Kent Mews
Victoria street
Ashton Under Lyne OL7 0TH
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Professional Summary

Compassionate Health Care Assistant skilled in delivering top-quality home care support. Effectively ambulating patients, meeting personal needs and support with administering medications. Detail-oriented, maintaining clean and organizing personal areas to support daily living safety.

Skill Set

- Honest and trustworthy
- Focused and dedicated.
- Great attention to detail and accuracy skills
- Resilient and a competent problem solver
- Patient Care and record keeping
- First Aid, CPR and manual handling
- Time management
- Great team player and I am able to work independently.

Work Experience

Oct 2023 to Date: Parry Health Care

- Providing care in accordance with best practice and legislative requirements, reflecting policies and procedures and agreed standards under the direction of the Manager.
- Supporting and enabling service users to maintain skills and personal interests whilst delivering person-centred care unique to each individual
- Ensuring Care plans and other information about how to support service users are followed and maintaining record keeping.
- Providing service users with support/assistance as they accomplish daily tasks, including bathing, eating, dressing, grooming and using the bathroom.
- Promoting and safeguarding the welfare of service users.
- Informing Management of any changes in the needs of Service users.

Jan 2023 - Sept 2023: Private Family: Live-In

- Providing physical and emotional support for an elderly man
- Personal Care
- Supporting and helping with healthcare needs & aiding communication
- Encouraging the development of personal skills
- Administering medication
- Ensuring safe, secure living conditions and enhancing quality of life
- Meal preparation and support with feeding

June 2015-Dec 2022: Muda Clinic: Care Assistant

- Supporting patients with mobility issues to move around.
- Monitoring patients' health conditions and assisting with personal care, retaining comfort and dignity.

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- Maintaining all relevant safety standards.
- Record keeping.

Jan 2009 - May 2015: Family Commitment

- Caring for my elderly father
- Monitoring and documenting his health progress
- Keeping nurses and social workers informed about his health status
- Support with personal and hygiene care
- Support with administering medication

Feb 2002-December 2008: Suncrest – Farm Labourer

- Ploughing and harvesting
- Maintaining crops
- Looking after livestock and feeding them

Jan 1991- Jan 2002: Self Employed

- Basic errands farming at the our family farm.

Qualifications

1990: Glen View High 1 - GCSE
2023: St John Ambulance - First Aid
2023: Gray Matter - Care Certificate

References

- Available on request.