

PELINANCE DOKORA

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PROFILE

A highly competent and enthusiastic care giver with an outgoing personality, great communication skills and a passion for caring for others. Multi-skilled and self-motivated with a dedication for providing personal and physical care on a one-to-one basis. Takes pride in maintaining patient confidentiality and treating every individual with dignity.

SKILLS AND ATTRIBUTES

- **Personal Skills:** dedicated team player, ability to work under pressure, building relationships, independent thinker, time management, patient.
- **Communication Skills:** Highly effective verbal and written communication skills with the ability to negotiate persuade and influence all stakeholders.
- **Systems Utilization and Technology Skill:** Proficient use of MS Office Suite (Word, Excel, PowerPoint, Outlook).
- Empathetic, compassionate and patient attitude with thorough knowledge of patient rights
- Good time management skills and attentive to detail
- Competent medical care delivery
- Capable of working with minimum supervision
- Good teamwork and diversity skills and ability to work within a multi-cultural environment.
- Proficient and outstanding carer
- Ability to follow instructions.
- Time management

WORK EXPERIENCE

Health Care Assistant

October 2023- Present

Cotts Care Limited

Key Responsibilities

- Ensure clients are at the heart of care delivery and their wishes and preferences enhance their wellbeing.
- To contribute to the efficient running of the service.
- Support clients to maintain their relationship and connections with local community.
- Ensure Care Plans and other information about how to support clients are followed.
- Be responsible for promoting and safeguarding the welfare of those individuals they support.
- Observe and record client's condition, food and fluid intake.
- Providing routine personal hygiene care such as bathing, brushing teeth, toileting.

- Dressing up patients, shaving, hand and nail care.
- Assist with mobility and following stipulated care plan.
- Administering medication.
- Prepare and serve nutritious meals, snacks, and beverages for patients based on.
- Optimal dietary guidelines and dietary restrictions.
- Assist with folding and putting away laundry for the elder
- Stoma and catheter bag and bottle care.
- Cleaning and tidying up the user's home ie light duties.
- Making the best use of aids provided to help clients who have limited mobility, or physical / learning difficulties.
- Helping to create a stimulating and homely environment.

Carer

August 2021 – September 2023

- Provided high standards of care for my elderly grandmother with a focus on everyday care such as personal hygiene, mental stimulation and general well-being.
- Ensuring the maintenance and upkeep of my grandmother's room to promote her safety.
- Accompanying my grandmother to various appointments and activities
- Strengthening relations with the doctor when discussing my grandmother's requirements
- Continence management
- Administering of medication

EDUCATION AND TRAINING

Diploma in Caregiving	Alison, Online
Slips, Trips and Falls	Grey Matter, Online
Stoma Care	Grey Matter, Online
Catheter Care	Grey Matter, Online
First Aid Skills	Grey Matter, Online
Dementia	Grey Matter, Online
Bed Rail Safety	Grey Matter, Online
Obesity In Adults	Grey Matter, Online
Medication- Administration	Grey Matter, Online
Medication- Supporting and Assisting	Grey Matter, Online
Continence Management	Grey Matter, Online
Privacy and Dignity in Care	Grey Matter, Online
Duty of Candour	Grey Matter, Online
Whistleblowing with Confidence	Grey Matter, Online

Dysphagia and Choking	Grey Matter, Online
Epilepsy Awareness	Grey Matter, Online
Recording and Reporting	Grey Matter, Online
Loss and Bereavement	Grey Matter, Online
Skin Integrity and Pressure Ulcers	Grey Matter, Online
Bipolar Disorder Awareness	Grey Matter, Online
Oral Health Care	Grey Matter, Online
Eating and Drinking Support	Grey Matter, Online
Parkinsons Disease	Grey Matter, Online
Fluids and Nutrition	Grey Matter, Online
Food Safety and Hygiene	Grey Matter, Online
End of Life	Grey Matter, Online
Reablement	Grey Matter, Online
Autism Awareness	Grey Matter, Online
Person Centred Care	Grey Matter, Online
ADHD Awareness	Grey Matter, Online
Deprivation of Liberty Safeguards	Grey Matter, Online
Professional Boundaries	Grey Matter, Online
Infection, Prevention and Control	Grey Matter, Online
Managing Continence	Grey Matter, Online
Lone Working	Grey Matter, Online

Additional Information

Full valid UK Driver's License

Own vehicle

References available upon request.