**DICKSON ACHEAMPONG**

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**PERSONAL STATEMENT**

Skilled Care Provider assisting the elderly and persons with disabilities with daily living activities

in-home or within care facility. Keep house by making beds, doing laundry, washing dishes and

preparing meals. Advise families and healthcare team regarding health concerns, nutrition,

cleaning and household activities.

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**CORE SKILLS**

* Empathetic, supportive and has a can-do attitude
* Caring and compassionate
* Safety Awareness
* First aid training
* Meal preparation and serving
* Housekeeping

**WORK EXPERIENCE**

CARE ASSISTANT, 07/2023 TO DATE

BLESSED CARE LEGACY

* Supporting young people with learning disabilities, mental health, autism and challenging

behavior

* Providing emotional support
* Cooking
* Assisting clients to attend medical appointments
* Doing school rounds
* Attending staff meetings
* Participating in MDT meetings
* Record keeping
* Medication administration
* Implementing of care plans
* Supervising activities
* Risk assessments

CARE ASSISTANT, 08/2022 – 06/2023

ASHANTI HOME MEDICARE PLUS, KUMASI, GHANA

* Assisted nurses and health professionals in patient handling and care • Assisted patients

with immediate needs such dressing and washing

* Assisted patients with mobility support.
* Supported patients with the completion of basic tasks such as paying utility bills

Served patients with meals

* Replaced bandages, dressings, and binders to care for wounds and encourage healing.
* Made patients' bed and kept their rooms clean
* Helped patients to restroom
* Completed check-ins and progress report for each client
* Monitored patients' blood pressure, blood sugar and overall health and well-being of patients

PERSONAL CARER, 02/2020 - 07/2022

MADAM JULIANA AMPOMAH MENSAH, KUMASI, GHANA

* Cooked meals and assisted patients with eating tasks to support health nutrition.
* Changed dressings, bandages, and binders to maintain proper healing and sanitary

measures

* Cleaned house, ran errands, managed laundry, and completed weekly grocery shopping
* Maintained entire family’s schedule and organized events
* Implemented physical therapy to support patient improvement in muscle tone, range of
* motion and injury recovery
* Built strong relationships with client to deliver emotional support and companionship.

PERSONAL CAREGIVER, 10/2018 - 01/2020

MR. PRINCE TWUM, KUMASI, GHANA

* Assisted client with daily living needs to maintain self-esteemed and general wellness
* Turned and positioned patient in his bed to prevent bedsores and maintain comfort levels
* Maintained clean, safe, and well-organized patient environment
* Recognized and reported abnormalities or changes in patients’ health status to case

manager

* Assisted with dressing guidance, grooming, meal preparation and medication reminders
* Changed patient’s dressings, bandages, and binders to maintain proper healing and sanitary
* measures
* Guided patient to restroom to support bladder and bowel relief requirements

PERSONAL CARER, 05/2016 - 09/2018

MRS. BABARA OPPONG, ACCRA, GHANA

* Completed regular check-ins and progress report of the client.
* Recorded patients’ pulse and blood pressure to assess and document important health

information

* Assisted patient with self-administered medication
* Engaged patients in meaningful conversation, socialization, and activity while providing

**EDUCATION**

Bachelor Of Commence in Human Resource Management

University of Cape Coast, Ghana - 07/214

**CERTIFICATION**

* The Care Certificate – Knowledge Element – 03/2023
* Understand Your Role
* Your Personal Development
* Duty of Care
* Equality & Diversity
* Work in a Person-Centered Way
* Communication
* Privacy and Dignity
* Fluids and Nutrition
* Mental Health, Dementia & Learning Disability
* Safeguarding Adults
* Safeguarding Children
* Basic Life Support
* Health and Safety
* Handling Information
* Infection Prevention & Control

**REFERENCE**

Blessed Care Legacy