

## Contact

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## Core Qualifications

- Personal skills
- Active listening
- Verbal and written communication
- Adaptable
- Motivational leader
- Attention to detail
- Organized
- Strengths
- Passionate about self-improvement.
- Good interpersonal verbal and written communication skills.
- Flexibility to work in diverse environments.
- Daily living assistance

## Education

NAPPI TRAINING (NON ABUSIVE PSYCHOLOGICAL PHYSICAL INTERVENTION)

October 2023

MENTAL HEALTH AWARENESS CERTIFICATE (FLEXIBEE)

OCTOBER 2023

SOCIAL CARE TV TRAINING

NOVEMBER 2023

AND SAFETY

# Esther Farai chipeta

## Professional Summary

To continue my career with an organization that will utilize my skills to benefit mutual growth and success. Personal Overview An adaptable, conscientious, enthusiastic, and self-motivated individual with experience of implementing personal support plans which focus on the individual's welfare, needs, wants and interests. Having the ability to manage a challenging caseload, while staying focused on giving a high standard of care to every client. Constantly maintaining and demonstrating a positive attitude towards clients, their families, staff, visitors and others. Keen to find a challenging position within a caring organisation where I will be able to continue to increase my work experience & develop my abilities Core skills Punctual, reliable and able to work both independently and within teams Knowledge of mental health support and crisis prevention techniques Experience providing residential care support Proficiency in safety training and techniques Experience recommending quality of life enhancements and providing physical

## Experience

### Support Worker

Sans Soucie Home care | Guildford, Surrey | Nov 2023 - Current

- Assisted clients in taking ownership of financial responsibility and management of personal care.
- Facilitated weekly group meetings, listening actively and offering compassionate support.
- Tracked and documented client behaviours, activity engagement, skills development and notable incidents.
- Communicated and built strong relationships with service users' families, support networks and involved professionals to reach successful outcomes for clients.
- Provided support in social, physical and emotional areas to assist clients with integrating into local community.
- Carried out personal care tasks, including meal assistance, toileting and mobility support.
- Offered meaningful, individualised support and companionship by nurturing client relationships to maintain positive wellbeing.
- Kept public areas clean and hygienic by performing routine sanitisation tasks.

June 2023

PMVA (PREVENTION  
MANAGEMENT VIOLENCE  
AGGRESSION

June 2023

MANUAL HANDLING  
TRAINING

August 2023

Topflight College  
Alison Certificate:  
Introduction to Caregiving

Executive Secretarial  
certificate- Intermediate 5  
ordinary level subjects  
Pitman Office Level  
Procedures

## POSITION WAKING NIGHT / SUPPORT WORKER

HEARTVIEW CARE SERVICES LTD | Woking, surrey | Aug 2023 - Current

- Maintained excellent patient relationships by going the extra mile to attend to their needs and provide ongoing support.
- Assisted in the administration of various medications and taking samples from patients when required.
- Supporting and encouraging them in their hobbies and interests
- Helped patients improve mental wellbeing by providing a helpful and happy service throughout care.
- Monitored patient behaviour closely to determine health changes, reporting concerns immediately.
- Sorted and administered medication to patients following doctor specifications.
- Provide person centered support to ensure safety and wellbeing of service user throughout the night

## Healthcare Assistant

Fistcare 4u | Sandhurst, surrey | Jul 2023 - Current

- Provide person centred support to ensure safety and wellbeing of service user throughout the night Sharing new experiences together with service users so as to remain as independent as possible Supporting health care needs such as bathing, cooking washing of laundry cleaning the house Supporting and encouraging them in their hobbies and interests Cleaning and maintain the residence as clean as possible
- Helped patients with bathing, meal assistance, toileting and mobility support.
- Actively listened to patients' complaints and feedback, actioning improvements to continuously elevate quality of care.
- Kept public areas clean and hygienic by performing routine sanitisation tasks.
- Built strong, trusting relationships with patients by providing continuous support and delivering best possible care.

## Intern - Nurse Aide

Sally Mugabe, Harare Central) Hospital | Harare, Zimbabwe | May 2022 - Jan 2023

- Making sure the patient's rooms are clean and properly stocked with lines and towels
- Weighing and recording patients' weight
- Completing and recording blood pressure, pulse and temperature for patients
- Dump dusting, toileting patients, changing linen, bed making, bed baths, feeding and turning patients
- Setting up, dismantling and cleaning of procedures trolley and instruments
- Sending procedure trolley and instruments to Central Steam Sterile Department (CSSD)
- Cleaning of sluice room, disinfection of bed pans, urinals
- Ordering feeds for patients and Texturized Food (Tx)

- Escorting patients to Radiology Department (for x-ray and scans), theatre, Accounts Department and on discharge to care givers.

### **Volunteer Care Worker**

Highway Nursing Home | harare, zimbabwe | Aug 2018 - Mar 2019

- Making sure clients receive the service and benefits they are entitled to
- Communicating with key agencies & service providers in the local community Access, update and maintain accurate paper based and electronic systems/records to produce high quality person-centred individual care plans
- Update appropriate paper based/electronic records and information systems, when required, provide high quality, detailed and accurate reports Visited clients daily to assist with daily tasks, such as shopping, cleaning and washing clothing or dishes Administered prescribed medications to clients and take them to appointments as needed Worked with patients' families to implement techniques and tools to make the home safer or more accessible Developed care plans, including nutrition plans and physical therapy exercises, to help clients enhance their strength and health
- Ensure the security & safety of the home is maintained at all times
- Taking clients to social events, appointments and places of worship
- Assisting with money management like household bills, Council taxes, personal management of monies.

### **References**

REFERENCES Available as per request