

• GIVEN TINOTENDA MUGABE

19 ORNE GARDENS

BOLBECK PARK

MILTON KEYNES

MK15 8PQ

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PROFFESIONAL SUMMARY

Well rounded Personal Care Aide with vast experience assisting clients with various daily living needs at home. Talented at offering attentive care to patients by managing health needs, helping with personal grooming, carrying out light housekeeping and detailed tasks. Expert communicator when supporting patients' needs, documenting information and interacting with supervisors.

SKILLS

- . Care plan management
- . Disability support.
- . Elderly care.
- . Patient safeguarding
- . Activities of daily living
- . Safeguarding knowledge
- . Mental health support
- . First Aid
- . Mental health support
- . Conflict management
- . Risk assessment
- . Errands assistance
- . Patient-centered care
- . Wound care maintenance
- . Personal hygiene assistance
- . Wheelchair transfer
- . Service needs assessment
- . Schedule management

WORK HISTORY

Care Support Worker, 10/2022 to Current

MORE ENERGY CARE SERVICES LTD, MILTON KEYNES, UK

- . Assisted in all aspects of personal care while encouraging independence and activity appreciate to individual ability.
- . Ensured ongoing patient safety, promptly reporting concerns about abuse or safeguarding issues to care managers.
- . Updated first aid training to protect client welfare.
- . Offered clinical support from wound care to medication administration.
- . Empowered individuals to pursue hobbies and leisure activities, such as shopping and creative activities.
- . Monitoring physical and emotional wellbeing of individuals, reporting changes to care managers.
- . Successfully empowered individuals to pursue hobbies and leisure activities, such as shopping and creative activities.

- . Met needs of clients with learning difficulties and handled challenging behaviors.
- . Assisted in all aspects of personal hygiene, prioritizing patient dignity, privacy and independence.
- . Prepared tasty and healthy meals to meet dietary requirements.
- . Maintained high levels of patient morale, providing guidance and physical and emotional support.

CARE WORKER, 06/2018 to 08/2022

Muzarabani Clinic, MUZARABANI, ZIMBABWE

- . Maintained hygienic living environments through regular cleaning.
- . Ensured clients were correctly taking prescribed medication, maintaining optimal health.
- . Aided clients with bedtime routines, washing and dressing.
- . Produced weekly patient progress reports, enabling appropriate reviews and amendments to care plan.
- . Created positive relationships with clients through practical support and companionship, improving overall quality of life.
- . Maintained excellent physical fitness levels to safety, securely lift and maneuver patients.
- . Maintained client dignity and respect throughout personal care support, including dressing, showering and toileting.
- . Assisted in all aspects of personal care, retaining comfort and dignity.
- . Maintained high levels of client satisfaction by providing tailored, personalized care that consistently met individual needs.

CARE WORKER, 01/2012 to 06/2018

DERMA CARE SKIN CLINIC, HARARE, ZIMBABWE

- . Transported clients to appointment and completed errands.
- . Updated doctors and family members on client progress.
- . Implemented support plans into service users' daily activities.
- . Upheld nationally recognized care standards.
- . Maintained accurate records to effectively measure clients development against care plan objectives.

Education

Prince Edward School, HARARE ZIMBABWE, 01/2007 to 11/2010

A-Level Arts, Pass

