

RACHEL MAWERE

CONTACT

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Date of Birth: 14 June 1987

Nationality: Zimbabwean

Permit: 68298Dk

PROFESSIONAL SUMMARY

Skilled care provider assisting elderly, convalescents, or 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, cleanliness and household activities. Diligent health care team member with skills and training to safely support patients and assist clinical team member. Always ready to help with hygiene, mobility and cleaning needs. Works fast to stay ahead of continuous patient workload. Personal Care Aide experienced in assisting clients with mental impairments or physical limitations to manage everyday tasks. Skilled in geriatric care and providing companionship and direct assistance to cognitively impaired clients.

SKILLS

• SKILLS AND ABILITIES

- Safe patient handling
- Meal preparation and cooking, housekeeping and good sanitization standards
- First aid and cardiopulmonary resuscitation
- Clean driving record
- Reliable, self-motivated and very organized and understand the importance of punctuality.
- Always very calm, gentle and very passionate about caring
- Very attentive, supportive, compassionate, empathetic and sympathetic.
- Observant and sensitive to the needs of others in need of help and support.
- Respectful, maintaining dignity and privacy of service users and maintaining positive attitude.
- Fluent in spoken and written English with excellent communication skills within multidisciplinary teams.
- Highly organized and flexible to work any days from Monday to Sundays

WORK HISTORY

Care assistant, 10/2023 to Current

Eunha Healthcare - Macclesfield , Cheshire East

- Maintained optimal safety standards throughout client home and care environments, prioritising risk-reduction, health and hygiene.
- Maintained confidentiality and compliance standards for optimised patient care.
- Optimised patient satisfaction through compassionate, considered care and communication.
- Assisted in all aspects of personal care, retaining comfort and dignity.
- Monitored individual's physical and emotional wellbeing, promptly reporting changes and providing suggestions for care plan adjustments.
- Delivered high-quality care to clients with disabilities, achieving care plan objectives.
- Maintained up-to-date knowledge on latest care practices by attending regular meetings and training opportunities.
- Completed documentation of care, hospital actions and patient activities for up-to-date client records.
- Charted daily observations, mobility activity and eating percentages to aid continued client assessment.
- Used outstanding communication and interpersonal skills to build positive relationships with clients for exceptional satisfaction ratings.
- Prepared healthy meals with additional mealtime planning, feeding and support.
- Helped individuals with day-to-day activities while consistently encouraging independence and self-belief.

(Days or nights)

- Fast learner, easily adaptable and willing to do all the required training
- **COMPUTER SKILLS**
- Applications:
- Excellent in MS Office 2010(MS Word, MS Excel, MS PowerPoint, Outlook email) &Internet Explorer.
- Elderly care
- Social care
- Safeguarding knowledge
- Nursing care
- Documentation development
- Medication administration
- Care plan management
- Meal preparation
- Personal care
- Catheterisation
- Patient risk assessment
- Basic life support
- Pressure area care
- Clinical waste disposal
- Patient handling and positioning

ADDITIONAL INFORMATION

- Interests: Team Building, Socializing, interaction, travelling, business
- A warm and kind Care Assistant who can work on the frontline of care delivery, helping service users to overcome their everyday difficulties. Rachel takes great pride in her work and gets tremendous satisfaction from making a difference to the lives of people. She has the ability to inspire professionalism in others. Her key strengths include being able to deal with clients with challenging behavior. In her current role she assists clients with their personal care, meals, and other activities all whilst also providing a listening ear to those who need it most. At work she has a reputation for promoting and encouraging the individuality, independence, self-respect and dignity of those she

- Submitted reports to manager regarding status of client.
- Monitored client health conditions and reported immediate issues to manager.

Care Assistant, 03/2022 to 08/2023

EASTERN 24HR HOSPITAL

- Responsible for assisting elderly, recovering, or disabled clients with the activities of daily living
- Duties;
- Providing leadership and support to junior care staff whilst acting as a champion for service users safety and dignity
- Delivering emotional and practical care to vulnerable adults and transforming their lives on a daily basis
- Visiting patients in their own homes to support them
- Working with colleagues to deliver integrated care
- Acting promptly and appropriately to protect service users from neglect or abuse
- Encouraging clients to participate in social and recreational activities
- Disposing of clinical waste in line with health and safety instructions
- Assisting with dressing and undressing
- Ensuring a safe and tidy working environment at all times, such as clean and tidy bed tables, clinical areas and uncluttered corridors.

Voluntary Community Healthcare Worker, 01/2020 to 02/2022

COMMUNITY RESIDENCES

- Responsible for the care and protection of residents' property
- Applying safe Manual Handling techniques at all times
- Maintaining accurate and informative daily administrative records for all residents
- Helping patients to access and use toilet facilities
- Dispensing and administering medications as directed by medical providers and family members
- Ensuring that all clinical equipment is maintained in a safe, clean and fully functional state
- Monitoring clients' conditions by taking their temperature, pulse, respiration and weigh

EDUCATION

Diploma: Caregiving, 2021

ALISON

Bachelor of Business Administration: Human Resources Management , 2011

ZIMBABWE OPEN UNIVERSITY - Harare, Zimbabwe

looks after. For she is nothing compared to the feeling that comes from knowing that she has brightened up someone's day, especially when that someone is a vulnerable person. During her career, Rachel has worked early starts, late finishes and weekends. On a personal level she can provide effective leadership and support for the entire care team. Right now, she wants to join a company that will support her every step of the way by providing training as well as the opportunities to progress her career further.

A-Levels: Commercials, 2005

St Anthony s High School - Masvingo , Zimbabwe

GCSEs: 2003

Victoria High School - Masvingo , Zimbabwe

CERTIFICATIONS

Voluntary Health Work Training Course Home Based Care and Elderly Care Training Special needs and learning disability care training First aid and basic life support and Basic fire safety training Community Based Health Care Legal and ethical issues in Nursing Roles and responsibilities of a Nurse Effective communication skills, Personal and professional boundaries Cultural considerations, Equality and diversity Impairment awareness including vision, hearing, language and mental health awareness Dementia Communication Strategies CPR Certified and First Aid Certified Infection prevention control and management Urinalysis AREAS OF EXPERTISE Personal care Preparing meals Administering medicine Household duties Medication, GSE Ordinary Level GSE Advanced Level KNOWLEDGE