

# NYASHA SHILEEN MABVADYA

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## PROFESSIONAL SUMMARY

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Skilled care provider assisting 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, cleanliness and household activities.

## SKILLS

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- Elderly care
- Safeguarding knowledge
- Patient safeguarding
- Personal hygiene assistance
- Patient-centred care
- Mental health support
- Live in care

## WORK HISTORY

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12/2023 - Current

### Care support worker

**Rubies Limited** - Sheffield , South Yorkshire

- Assisted in all aspects of personal hygiene, prioritising patient dignity, privacy and independence.
- Monitored physical and emotional wellbeing of individuals, reporting changes to care managers.
- Empowered individuals to pursue hobbies and leisure activities such as shopping and creative activities.
- Worked in close partnership with families, friends and carers to improve care plan effectiveness.
- Assisted in all aspects of personal care while encouraging independence and activity appropriate to individual ability.
- Cleaning and preparing meals with person-centred care approach.
- Prioritised person-centred care to maximise independence for clients with dementia and limited mobility.
- Prepared tasty and healthy meals to meet dietary requirements.
- Offered palliative care to patients with serious and terminal illnesses.

01/2022 - 11/2023

### Nurse aide

**Air Force of Zimbabwe** - Harare , Zimbabwe

- Supported bed-ridden patients through regular repositioning and chair-based exercise, helping to prevent sores, joint degeneration and blood clotting.

- Provided incontinence care and bed baths, maintaining patient dignity at all times.
- Administered oral medication to incapacitated patients as outlined in care plans.
- Preparing meals and feeding bedridden troops
- Monitoring the elderly during the night
- Safeguarding elderly troops against abuse and danger
- Providing personal care such as bath, dress and personal hygiene.

06/2011 - 12/2021     **Accounts assistant**

**Air Force of Zimbabwe** - Harare, Zimbabwe

- Completed daily and monthly bank reconciliations and noted any discrepancies.
- Helped with preparation of management accounts and end-month duties.
- Met deadlines by managing workload independently.
- Monitored accounts payable and receivable statuses, keeping financial records up-to-date.
- Managed payroll by tracking employee hours and entitlements.
- Prepared Excel spreadsheets to track banking transactions and financial performance.

## EDUCATION

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08/2022     **Diploma in Caregiving**

**Alison**

12/2010     **A-Levels: Commercials**

**Hermann Gmeiner High School** - Bindura, Zimbabwe

12/2008     **GCSEs**

**Seke 5 High School** - Chitungwiza , Zimbabwe