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The Paddock
Sharnal Street
ME38QR
Rochester

CORE SKILLS

Autism care

Complex behaviour
management

Transporting patients

Rehabilitation

Safeguarding

Medication administration

Chronic disease management

Disability support

Infection control and aseptic
measures

Documenting

First Aid and CPR

Meal planning and preparation

Epileptic care knowledge

Dementia care

Wound care expertise

SOFT SKILLS

Professional etiquette

Critical thinking

Flexibility

Good communication skills

Active listening

Planning and organisational
skills

Empathetic

Attention to detail

Fiona Edlite Maworera

Healthcare Assistant/Caregiver

I am a skilled Care Provider assisting elderly, convalescents, or persons with disabilities with daily living activities in-home or within care facility. I am good at making beds, doing laundry, washing dishes and preparing meals. As a caregiver I can advise families and healthcare team regarding health concerns, nutrition, cleanliness and household activities. I am proficient in organizing medications, doctor appointments and personal activities. Caring, organized and friendly with excellent interpersonal skills is my strength. I always thrive to remain current on relevant medical conditions and working with qualified healthcare staff to maximize care. I am very skilled at monitoring ongoing conditions with knowledge of documentation practices. My compassionate nature provides families with peace of mind while offering ambulation and personal assistance to meet diverse patient needs and this helps me to work consistently in a person-centered way to enable patients to live their best lives independently.

WORK EXPERIENCE

Disability Support Worker [Sheena Clinic]

July 2022 to Current

Sheena Clinic (Centre of people living with learning disabilities, challenging behaviors and physical disabilities). The Centre has core patients that have varying levels of disabilities such as cerebral palsy, epilepsy, autism, down syndrome, developmental disability, hydrocephalus, macrocephaly and paraplegia. Most of the members at the centre have multiple conditions. My duties/tasks are;

Achievements/Tasks

- ◇ Building trust, positive behavior and providing emotional support by treating members with compassion, empathy, respect, dignity, politeness and patience. Carrying out research about adults and children living with learning disabilities in different communities as well as publicizing the Centre's outreach projects by distributing flyers and posting pictures on social media. Assisting in income generating projects such as poultry and vegetable gardening projects
- ◇ Following health and safety procedures ensuring patients who are prone to epileptic seizures are in safe environment away from bright lights, loud noises or crowds which may trigger their condition and also ensuring that they always have helmets on them.
- ◇ Attending training workshops and centre meetings to continuously develop new skills like solar behavior approach when dealing with patients with autism spectrum disorder and challenging behavior.
- ◇ Encouraging physical exercises to members of the centre needing physiotherapy as per physiotherapist's instructions as well as doing sports and other outdoor rehabilitation programs like playing soccer, swimming, making balls and mates so as to boost morale.
- ◇ Assisting in drafting and keeping records of all patients care plans and risk assessments and carrying out administrative tasks such as receipting donations, sorting out donations of clothes, accessories and drafting duty rosters of the centre.
- ◇ Helping patients to be as independent as possible by encouraging and monitoring those who can to do house chores such as cooking, washing dishes, laundry and cleaning to ensure that the house is tidy and safe.
- ◇ Planning and preparing meals and adhering to patients' special diets and supplementary drinks under nursing supervision.
- ◇ Observing and reporting patients behavior and other patient information to the nurse as well as handling emergencies so as to optimize treatment planning and care delivery.
- ◇ Lifting patients using appropriate equipment in accordance with moving and handling policy. Transporting members to different functions like doctor's appointments.

EDUCATION

Allison Diploma in
Caregiving
2022

REFERENCES

Available upon request

WORK EXPERIENCE

Caregiver -Beacon Services Plus

02/10/2023

Beacon Services Plus offers support for patients recovering at home and also ensuring comfort levels are maintained in end-of-life care. We provide care to over fifty clients at a time diagnosed with various ailments. Conditions that I have encountered within the scope of this position include cancer, hypertension, dementia, tuberculosis and kidney disease. Roles include but are not limited to:



Voluntary Care Assistant (palliative care and end of life care)

01/2018 - 12/2022

Achievements/Tasks

- *Used to take care of a stroke service user for five years (5) duties included*
- *Taking the service user to the doctor*
- *Preparing meals,doing laundry and grocery shopping .*
- *Help patients use the bathroom*
- *Clean and bathe patients or residents*
- *Maintain patients' hygiene and change bedding*
- *Turn, reposition and move patients between wheelchairs, seats and beds*
- *Serve meals and help patients eat their food*
- *Measure vital signs like blood pressure and temperature*

ADDITIONAL INFORMATION

Valid passport

Clear criminal record

International driving licence