

Ruth Ade-lawal

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Work Experience

Health Care Assistant

Ashley Gardens - Maidstone

March 2023 to December 2023

- Delivering quality personal care to each of the residents.
- Supporting residents with daily activities such as washing, dressing, eating and maintaining personal hygiene.
- Understanding resident's communication needs and adapting my communication to each individual, e.g. sounds, tones, body language.
- Providing emotional support to individuals and their families.
- Providing personal care after death and emotional support to the the families.
- Working with significant people in the resident's life, such as friends and family, by giving them confidence and reassurance and involving them in the resident's care.

Support Worker

The Agincare Group - Gillingham

January 2022 to May 2023

1. Assisting the service user with meal preparation, cooking, and adhering to their nutrition and dietary plan.
2. Positively encouraging the service user to make their own choices and empower them to pursue hobbies and interests
3. Assisting our service user with their personal care routine (this could include washing, bathing, dressing, toileting, and oral hygiene).
4. Escorting our service user on day trips and engaging in physical activities e.g., swimming, cycling, walking etc.
5. Supporting the service users physical and mental welfare.
6. Accurate report writing and recording.

Care Assistant

safer hand care - Maidstone

October 2022 to January 2023

1. Assisting with personal care such as bathing and helping with their personal hygiene.
2. Providing companionship by having conversations, taking short walks and spending time with them.
3. Keeping the home clean and organized
4. Assisting with meal preparation.

Care Assistant

Home Care - Lagos

February 2020 to June 2022

1. Prompting personal care through kind and compassionate methods.
2. Providing companionship to the residents.
3. Monitored and gave assistance based on individual requests, interest and hobbies.
4. Helped in walking outside with individual.
5. Encouraged and help to build patient self confidence.
6. Keeping the home clean and organized.

Relationship Manager

HALOGEN SECURITY - Lagos

October 2019 to January 2020

1. Managed clients in the Oil and Gas sector.
2. Act as lead point of contact for all matters specific to clients.
3. Build and maintain strong, long lasting client relationships.
4. Responsible for invoice submission and payment collection.
5. Responsible for collection of outstanding within the framework of debt recovery.

Brand Experience Manager

Mabatpro Experiential Agency - Lagos

December 2016 to February 2019

1. Maintaining relationship with executives of client businesses.
2. Guarantees and delivers end to end satisfaction for clients.
3. Provides clarity to operations team on project definition, scope, deliverables and KPI's.
4. Take accurate minutes of meetings and follow up with individual action owners to ensure close out, prompt resolution and attention to client's issues.
5. Responsible for directing and liaising with vendors for seamless execution of brand activations.
6. Responsible for sending weekly reports on activation and close out reports to clients.

Basic Science Teacher

Comprehensive Secondary School - Akwa Ibom

October 2015 to October 2016

1. Trained students on basic science and granting them the exposures needed to better understand the subject.
2. Developed lesson notes, course materials in line with curriculum objectives, schemes of work, taking lessons as well as practical.
3. Administered and compiled tests and examinations and reward systems for best performing students.

Brand Representative

EXP Agency - Lagos

February 2015 to October 2015

1. Creating and building brand awareness.
2. Addressing complaints and also responsible for customer satisfaction and retention.

Brand Representative

Thrive Signature - Lagos

January 2014 to March 2014

1. Brand representative.
2. Drive purchase for the baby food brand for picky eaters.
3. Addressing complaints and also responsible for customer satisfaction and retention.

Laboratory Assistant

Stripes Hospital - Rivers

June 2013 to December 2013

1. Taking blood samples from patients and running various tests on samples accompanied with drafting out test results for patients.

Focal Person

FHI 360 - Rivers

June 2012 to December 2012

1. Assisting Hospitals with HIV patients in prevention of mother to child transmission (PMTCT) of HIV virus.

Education

Bachelor's in Biochemistry

University of Port Harcourt - Rivers

December 2010 to November 2015

GCSE or equivalent in Biochemistry

Whitefield High School, Maza Maza - Lagos

September 2004 to July 2010

Skills

- Personal Care
- Caregiving

Languages

- English - Fluent

Certifications and Licenses

Joint Professional Training and Support International

June 2016 to Present

- Health Safety and Environment (HSE 1, 2 & 3).

Care certificate

July 2022 to Present

- 15 Care Certificate Standards.

Safeguarding Adults level 1 & 2

August 2022 to Present

- Adult Support and protection.

Dignity in care

August 2022 to Present

- Significance, value and rights of individuals.

Manual Handling Awareness

October 2022 to Present

- Knowledge, practical skills and safety in manual handling.

Mental Capacity Act Training

October 2022 to Present

- Principles of mental capacity act (2005) and liberty protection safeguards.