

Foluke Racheal Olawore

Carer

Dudley

07769 371686/ folukeolawore@gmail.com

Professional Statement

An experienced and well -qualified Care assistant with a thorough knowledge of residential care legislation, including good practice and health and safety standards. Client-focused Carer with thorough knowledge in caring for Vulnerable adults, elderly, as well as those with special needs and mental health conditions. An outstanding team player who is trustworthy and industrious, able to carry out all aspects of the role from personal care, administering medication, meal preparation and record keeping.

Key Skills

- Strong communicator
- Compassionate
- Companionship and emotional support
- Feeding assistance expert
- Medical records management
- Patient Assessments
- Direct patient care
- Responding to emergencies

Work Experience

Health Care Assistant, Alouna Recruitment Group, Dudley

Jan 2023 till present

- Prepared healthy meals and delivered feeding support.
- Aided service users in everyday activities, such as washing and dressing, ensuring constant safety and effective care.
- Vigilantly monitored changes in physical and mental health, reporting deterioration to senior carers for urgent attention.
- Improved service users' daily lives through compassionate conversation, empathetic care and community socialisation.
- Supported clinical staff to complete health assessments.
- Monitored individual's physical and emotional wellbeing, promptly reporting changes and providing suggestions for care plan adjustments.
- Worked closely with nurses to maintain high levels of communication.
- Completed care documentation and monitored patient progress to achieve up-to-date records.
- Thoroughly sterilised and sanitised clinical and mobility equipment.

- Used outstanding communication and interpersonal skills to build positive relationships with clients for exceptional satisfaction ratings.
- Lifted patients using appropriate equipment in accordance with moving and handling policy
Delivered high standard of holistic care to patients to promote equality and dignity.
- Arranged bedding and cushions to enhance patients comfort in bed and chairs.
- Supported nursing staff with care of incontinent patients and promotion of continence care.

Health Care Assistant, Caring Care Ltd, Wolverhampton, UK

Oct 2022 - Dec 2022

- Providing door to door care for client.
- Aided clients with personal care such as dressing and undressing.
- Ensuring the safety of the clients in and out of the home by encouraging adherence to all health and safety standards.
- Aided clients with social activities to improve quality of life.
- Maintained a clean and healthy environment.

II Page

- Assisted client in administering their medication.
- Prepared healthy meals and delivered feeding support.

Carer, Mercy Home Care Service, Ilesha, Nigeria

Jan 2011 - sept 2022

- Assisted in feeding.
- Maintained a clean and healthy environment.
- Delivered at home care for the aged.
- Aided client with personal care.
- Aided with dressing and undressing.
- Aided with movement.

Courses

Health and Care support Mandatory Annual Training, Centre of Health Training by Derick Bamiebu Jan 2023

Education

Bsc. ED Physics, University of Nigeria, Nsukka, Nsukka, Nigeria

Hobbies

Singing, Reading, Cleaning

References

Available on request

