

ADEWUMI ALADE

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CAREER PROFILE

Custom driven, quality-focused self-motivated, committed team player and having strong knowledge in care supports. A highly resourceful young lady with over eight years working experience, working with different organizations, Family support worker and community support worker. Am kind, respectful, caring and empathetic support worker with strong awareness and commitment to the protection and promotion of the wellbeing of clients in care. Outstanding track record of enhancing and maintaining service standards and rendering the highest quality of care and support to clients with healthcare needs. My passion is all about personal hygiene and home care assistants which include assisting clients with daily activities such as bathing, cooking, taking care of elderly, clients with learning disabilities, mentally ill or terminally ill patients and community support.

AREAS OF EXPERTISE

Strong time management skills, Ability to work independently and as a part of a team with excellent organizational skills to manage my schedule, Attention to detail and meticulous use of proper safety procedures, Punctuality, Effective problem solving and conflict management skills, Good interpersonal and communication skills, self-directed and motivated, General housekeeping support as well as grooming and bathing, passionate about care for the elderly, excellent problem solving skills, customer service, Able to maintain patient confidentiality, willing to place the need of others first, leadership skills.

WORK EXPERIENCE

Personal support worker

Westmeria Nursing Home, London

September 2019- October 2023

- Performed direct patient care, assistance with personal hygiene nutrition. Activities of daily living and being sensitive to the needs of the residents.
- Assisted patients and documented their medical histories.
- Plan nutritious and healthy meals for clients.
- Organize daily activities to encourage mental and health wellness of patients.
- Assist in maintaining safe, clean, and positive environment.
- Facilitate patient movement and daily care support.
- Help clients with their medication.
- Assisted patients with bathing, hygiene, dressing and grooming
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.
- Organized time and resources based on the individual needs of clients.
- Prepare patients for their visit to the doctor by sorting out their files and taking appropriate records of their health condition.
- Ensured active movement and handling of patients within the care centre

- When requested, created indoor and outdoor recreation and leisure activities to clients to ensure that they keep up with their social life such as games, music and quiz.

**Home Support, London
Healthcare Assistant**

May 2017- August 2019

- Completed light housekeeping duties in residencies.
- Prepared healthy meals for clients so they can have a healthy balanced diet, improving their health.
- Administering medication.
- Assist with the care and storage of client clothing.
- Assisted with client personal care.
- Kept accurate records for client's files and handled related paperwork.
- Assisted client with daily living needs to maintain self-esteem and general wellness.
- Provided safe mobility support to help patients move around personal and public spaces.
- Assisted with daily living activities. Running errands and household chores.
- Transportation to and fro to doctors' appointments or other activities.
- Supported client in skill development and encouraged their independency, set goals and follow through on plans
- Take records of doctor's findings in diagnostic tests and maintain laboratory data files for easy access and evaluation by the doctor.

EDUCATION

The Polytechnic Ibadan, Nigeria.
Diploma in Computer Science.

2003 - 2006

CERTIFICATIONS

- ✓ Personal support worker
- ✓ CPR & FIRST AID
- ✓ Manual Handling
- ✓ Adult protection
- ✓ Food hygiene & Safety
- ✓ Health and safety at work
- ✓ Fire precautions and procedures
- ✓ Infection control
- ✓ Healthcare Administration
- ✓ Customer Service

VOLUNTEERING

Salvation Army, North Bay, Ontario

December, 2023.

Christmas Kettles.

