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# ADENIYI OLOWE

## PROFILE

I am a male Support Worker/ Care Assistant who is hardworking and have a genuine interest and enthusiasm for helping and looking after people. I have over 4 years' wealth of experience in maintaining a healthy and safe environment and making sure that both children and elderly are well taken care of in line with WHO guidelines. I have worked in various hospitals, Mental Health Hospitals, supported living and Care homes where I have provided quality care to both vulnerable children and adult. I possess an impressive track record in helping to promote the physical and personal independence of clients while making their wellbeing a priority.

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## WORK EXPERIENCE

### **Precious Homes Ltd, Support Worker**

**April To Date**

- Assisting the patient with bathing, grooming and getting dressed
- Handling household tasks like grocery shopping and laundry
- Administering oral and topical medication under the supervision of medical personnel
- Making recommendations to family members and healthcare personnel on the plan of care
- Administering medication according to individual's care plan as prescribed by Doctor.
- Monitoring individuals' conditions by taking their temperature, pulse, respiration and weight, and possibly helping with medication.

### **Coquet Trust Healthcare, Support Worker**

**March 2022 – April 2023**

- Helping with personal care such as support with showering, washing, eating and dressing.
- Administering medication according to individual's care plan as prescribed by Doctor.
- Monitoring individuals' conditions by taking their temperature, pulse, respiration and weight, and possibly helping with medication.
- Ensure adequate provision of physical and emotional care, and working as part of a team to achieve the required standards
- Supporting people with social and physical activities.
- Assisting people with disability problems to perform their daily activities and providing support always.

## Care Assistant, The Bliss Care-givers

March 2020 – March 2022

- Ensure adequate provision of physical and emotional care, and working as part of a team to achieve the required standards.
- Making and changing beds and ensuring that rooms are clean and tidy.
- Responsible for the provision of personal and basic health care to clients, assisting them to gain confidence in the performance of their day to day self-care chores.

**(REASON FOR LEAVING: I GOT ADMISSION FOR MY MASTERS' DEGREE IN UK)**

## **EDUCATION**

University Of Ilorin

August,2019

Course – Estate Management

(Bachelor's Degree)

## **QUALIFICATION**

Full Driving Licence

## **ACQUIRED CERTIFICATIONS**

- Basic Life Support
- Level 3 Diploma-Adult Care
- Care Certificate
- Dementia awareness (Level 2)
- Professional Boundaries
- MCA and DOLs
- Moving and Handling
- Infection Control
- Medication Administration
- CPI Safety Intervention
- Safeguarding Adult and Children
- Food Hygiene

## **TRAININGS ACQUIRED**

- Basic Life Support
- Understanding Learning Disabilities and Autistic Spectrum Disorder • Dartford and Gravesham NHS Trust
- Mandatory and Statutory Training Courses.
- Healthier Business Group – Mandatory Care Courses

## **VACCINE DOSES RECEIVED**

- 2 Covid-19 doses

## **PROFESSIONAL SKILLS**

- Able to identify signs of emotional or developmental problems.
- Knowledge of relevant health and safety policies and procedures.
- Experience of looking after elderly patients some with dementia and challenging behaviour.

## **PERSONAL ATTRIBUTES**

- Having the required confidence, drive and enthusiasm.
- Able to multi task and meet deadlines.
- Capability to communicate effectively with other team members.
- Able to build relationship with patients and their families or friends.
- Willing to work flexible hours including weekends and nights.
- Treating people with dignity and respect.

## **REFERENCES**

Available upon request.