

LANGUAGES

ENGLISH

SKILLS

ABILITY TO WORK INDEPENDENTLY

STRONG ORGANIZATIONAL ABILITIES, CAPABLE OF MANAGING MULTIPLE TASKS AND PRIORITIES EFFECTIVELY IN A FAST PACED ENVIRONMENT.

EMPATHETIC AND PATIENT-CENTERED APPROACH TO CAREGIVING, DEMONSTRATING SENSITIVITY TO CLIENTS' NEEDS AND PREFERENCES.

FAMILIARITY WITH RELEVANT REGULATIONS AND BEST PRACTICES IN THE FIELD OF CAREGIVING, INCLUDING INFECTION CONTROL PROTOCOLS AND SAFETY GUIDELINES.

EXCELLENT COMMUNICATION AND INTERPERSONAL SKILLS, WITH THE ABILITY TO BUILD RAPPORT AND ESTABLISH TRUST WITH CLIENTS AND THEIR FAMILIES.

SAFGUARDING TRAINING SKILLS

WORK EXPERIENCE

SUPPORT WORKER

Nov 2023 - Present

SECO SUPPORT LTD

Peace Haven, Sussex

Seco Support specializes in 24/7 complex Supported Living services for adults and young people with learning disabilities and/or autism who present with behaviours of concern. Seco support people to live happier lives having ownership and to be involved in their service design. With different plan for each user, seco support tend to improve the lives of people with conditions such as autism and dementia. Roles include;

- Performing personal Care and Hygiene.
- Following medication rules and procedures.
- Monitoring and having a good communication /relationship with client.
- Assessing and monitoring the progress of pupils with SEN 24/7 complex Supported Living services for adults and young people with learning disabilities.

KITCHEN ASSISTANT

Oct 2023 - Present

BRIGHTON COOKERY SCHOOL

64 London Road, Brighton BN1 4JE

- Helping the Chef in making meal.
- Taking care of the Kitchen and making sure the house is tidy.
- Cooking and teaching students how to cook meals.
- Assisting with special projects or seasonal tasks as needed.
- Receiving and checking deliveries for accuracy and quality.
- Storing food items properly to maintain freshness and prevent spoilage.
- Keeping track of inventory levels and notifying supervisors of low stock.

CARE /SUPPORT WORKER

Sep 2020 - Sep 2023

OLABISI ONABANJO TEACHING HOSPITAL SAGAMU

Ogun State, Nigeria; Hospital Road, Sagamu, Ogun State, Nigeria

It's a state-own facility. At Olabisi Onabanjo University Teaching Hospital (OOUTH) i was responsible for a range of duties that are intended to offer aid and encouragement to patients, medical personnel, and other healthcare experts. Among these duties are:

- Patient and user care, including assisting with daily activities and providing emotional support.
- Maintaining cleanliness and safety in user homes .
- Advocating client's needs and rights.
- Making sure clients take their medication when they ought to.
- Collaborating with multidisciplinary teams to ensure comprehensive patient care.
- Following established protocols and procedures to ensure the safety and well-being of individuals.

FEDERAL MENTAL HEALTH NEURO-PSYCHIATRIC HOSPITAL, ARO

Abeokuta, Ogun State, Nigeria

The state-owned facility provides psychiatry residency training, school of psychiatric nursing, physiotherapy, forensic psychiatry, care, and support for adolescents with mental health issues. As a support worker for ARO, my main goal is to help people who are struggling after they leave the hospital setting by offering them compassionate care and support. As part of my dedication to improving their quality of life, I provide emotional support, assist with everyday tasks, and make sure the environment is secure and comfortable. Despite the difficulties, I was able to improve people's lives while doing this. The roles include:

- Providing support for client with various conditions such as mental illness, autism and Dementia.
- Aided service users in everyday activities, such as washing and dressing, ensuring constant safety and effective care.
- Helped service users improve their independence, building strength and confidence to enhance daily living.
- Empowered vulnerable individuals to retain maximum independence through targeted care.
- Demonstrated consistent respect and privacy for care users, maintaining dignity irrespective of circumstance.
- Worked closely with nurses to maintain high levels of communication.
- Used outstanding communication and interpersonal skills to build positive relationships with clients for exceptional satisfaction ratings.

CARE ASSISTANT

Feb 2016 - Feb 2018

AYOTOLA MEDICAL SERVICES LIMITED CARE HOME

3 Suraju Odunuga Street Off Baruwa Street P. O. Box 624 Sagamu, Ogun State

As a Carer, I provide compassionate care, fostering independence and well-being. Through effective communication, I create a supportive environment that upholds dignity. My client centered approach ensures personalized and empathetic assistance. I am dedicated to making a positive impact on individuals' lives. The roles include;

- Assisted clients with mobility, hygiene, and other daily activities to enhance their quality of life.
- Established positive relationships with clients, ensuring their emotional well-being and comfort.
- Communicated effectively with healthcare professionals, reporting any concerns or observations promptly.
- Participated in team meetings to discuss client progress and update care plans as needed.
- Perform light housekeeping tasks and run errands as needed, ensuring a clean and comfortable living environment for clients.
- Monitor clients' health status, report any changes or concerns to healthcare professionals, and follow care plans to ensure optimal care delivery.

ROCK GARDEN HOME CARE,SERVICE

191 Okeletu-Ijede Road, Elemu Bus-Stop, Ikorodu, Lagos State,Nigeria

My roles as a care giver in the organization the following include; Ensured the safety and well-being of the individual by monitoring for hazards, implementing fall prevention measures, and assisting with mobility as needed. Providing assistance with personal care tasks such as oral hygiene, skincare, and hair care to promote comfort and hygiene. I offered empathy, compassion, and active listening to address the individual's emotional needs, providing reassurance and encouragement. Collaborating with other healthcare professionals, family members, and support services to ensure comprehensive and coordinated care for the individual, advocating for their needs and preferences. Observing and documenting changes in the individual's health status, including vital signs such as blood pressure, pulse, temperature, and oxygen saturation. Planning and preparing nutritious meals according to dietary restrictions and preferences, ensuring the individual's nutritional needs are met. I assist with medication reminders, ensuring medications are taken as prescribed, and monitoring for any side effects or changes in condition. Ensuring safeguarding rules are followed. Building relationship and communications with user.

MENTAL HEALTH SUPPORT WORKER

Jan 2014 - Feb 2016

DEPARTMENT OF PSYCHIATRY, LAGOS UNIVERSITY TEACHING HOSPITAL (LUTH)

Ishaga Rd, Idi-Araba, Lagos,Nigeria

- psychiatric care and treatment to individuals suffering from various mental health conditions
- Care for severe mental health breakdowns or suicidal tendencies.
- consultation to mental health related to psychiatry.
- Supervision and monitoring

EDUCATION

M.A INTERNATIONAL RELATIONS

Sep 2023 - Present

UNIVERSITY OF SUSSEX, SUSSEX HOUSE

Brighton, BN1 9RH

M.A HISTORY AND STRATEGIC STUDIES

Sep 2020 - Sep 2022

UNIVERSITY OF LAGOS , NIGERIA, YABA, LAGOS, NIGERIA, LAGOS

Lagos

B.A (HISTORY AND DIPLOMATICS STUDIES)

Sep 2010 - Sep 2014

OLABISI ONABANJO UNIVERSITY, AGO IWOYE,OGUN STATE,NIGERIA**CERTIFICATES**

CARE CERTIFICATE

2024

HEALTH AND SOCIAL CARE LEVEL 3 (DIPLOMA)	2024
DIPLOMA IN MENTAL HEALTH AWARENESS - LEVEL 3	2024
HEALTH AND SOCIAL CARE – LEVEL 3	2024
DIPLOMA IN PHLEBOTOMY – LEVEL 4	2024
MENTAL HEALTH NURSING LEVEL 3 – CPD ACCREDITED	2024
PHLEBOTOMY & VENIPUNCTURE DIPLOMA LEVEL 3 WITH INFECTION CONTROL, ANATOMY AND PHYSIOLOGY	2024
LEVEL 5 MENTAL HEALTH CARE DIPLOMA & PSYCHIATRY WITH HEALTH & SOCIAL CARE	2024
PMVA TRAINING CERTIFICATE.	2024
OLIVER MCGOWAN MANDATORY TRAINING ON LEARNING DISABILITY AND AUTISM CERTIFICATE	2024