

AQUILINE NYENGETERA SIVANGANI

HEALTHCARE ASSISTANT

CONTACT

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United Kingdom

SKILLS

- Safeguarding vulnerable persons
- Data confidentiality measures
- Care planning
- Health care Regulations
- Age-appropriate activity planning
- Stroke recovery support
- Hygiene, Health and Safety
- Chronic disease management
- Dementia & Alzheimer support
- Mental health support
- Medication Administration
- Patient focused care & handling
- Meal planning and preparation
- Progress documentation
- Home support tasks

SOFT SKILLS

- Professional integrity
- Critical Thinking
- Organised & efficient
- Reliable & punctual
- Teamwork & collaboration
- Positive attitude & Energetic
- Strong interpersonal skills
- Detail oriented
- Analytical
- Computer literate

EDUCATION & CERTIFICATION

- **Ordinary Levels - Mkoba 1 High School - Gweru, Zimbabwe**
- **57 Health and social care courses - Grey Matter Learning**
- **Positive Behaviour Training Level 2 - Team Tech**
- **Medicine management in Care homes training The BLMK ICB care home - Medicine optimisation team**
- **Care Certificate - Caredemy**

PROFILE

Reliable and compassionate caregiver with experience in the care field gathered within Europe and Africa. Exposed to care home environments and can offer support to patients with diverse conditions. Offers superior skills in patient needs assessment and healthcare team collaboration. Passionate multitasker dedicated to supporting team objectives to facilitate top quality care. Well-versed in monitoring and noting vital signs, cleaning and sanitizing patient areas, and assisting with personal hygiene tasks such as toileting and grooming. Skilled at monitoring ongoing conditions with knowledge of documentation practices. Compassionate nature provides families with peace of mind while offering ambulation and personal assistance to meet diverse patient needs. High level of personal and professional integrity. Seeking a chance to make a difference.

WORK EXPERIENCE

Care Assistant (Domiciliary & Live in Carer)

Compekey Healthcare Ltd.

Feb 2024 - Till Now

Domiciliary care responsibilities:

- Providing high-quality care and support to service users in accordance with their individual care plans.
- Assisting with personal care, including bathing, dressing, and toileting.
- Assisting with meal preparation and feeding, if necessary.
- Administering medication as prescribed and maintaining accurate records.
- Promoting independence and ensuring the emotional well-being of service users.
- Building positive relationships with service users and their families.

Live in care responsibilities:

- Supporting with personal care when required.
- Providing 1-1 support.
- Supporting to be as independent as possible.
- Having patience and understanding, remaining calm in stressful situations.
- Creating ways to interact and engage.
- Administering prescribed medication at set times.
- Supporting with general light housekeeping duties including cleaning and laundry.
- Preparing meals, including cooking duties.
- Supporting with house visits and medical appointments.

Support Worker (Children)

Call4Care Ltd.

Dec 2023 - Till Now

- Providing emotional support and guidance to children facing various challenges such as mental health issues, family problems, or behavioral issues.
- Assisting with daily activities such as meal preparation, hygiene routines, and household chores.
- Developing and implementing individualized care plans in collaboration with other professionals and the teenager's family.
- Advocating for the children's needs and rights within the community, school, or other relevant environments.
- Monitoring and documenting progress, behaviors, and any concerns to ensure appropriate interventions and adjustments to the care plan.
- Collaborating with other professionals such as therapists, teachers, and social workers to provide comprehensive support and services.
- Maintaining a safe and supportive environment, including crisis intervention and de-escalation when necessary.
- Empowering children to make positive choices and develop coping skills for managing stress and challenges

ADDITIONAL INFORMATION

DBS
Valid Passport
BRP/Visa
Right to work
Proof of home address
COVID Vaccination
Flexible to move anywhere

REFERENCES AVAILABLE UPON REQUEST

OTHER WORK EXPERIENCES

Au Pair

Private Residence

Jan 2021 - Oct 2023

- Assisted children with bedtime routines, adhering to set timeframes to maintain consistency.
- Maintained effective schedule balance between rest periods, active play and instruction.
- Prepared healthy foods and beverages based on optimal dietary guidelines and individual restrictions.
- Maintained secure, child-friendly environments with engaging activities and outdoor play.
- Kept notes on behaviour issues, food served and medications administered, maintaining detailed child observation records.
- Performed cleaning, washing, ironing and laundry to maintain home order.

Carer

Caring for a family member

Nov 2018 - Aug 2020

- Helped her in daily activities, such as toileting, bathing, dressing and personal hygiene, whilst promoting constant safety and effective care.
- Assisted with continence care, changing diapers at 4-hour intervals or per rising need.
- Prepared nutritious meals and made sure she took her medication timely and accurately.
- Helped her move around the house when she was too weak to do it by herself.
- Held high regard for her privacy and dignity while performing sensitive duties, such as showering, toileting and dressing.

Till Operator & Customer Care

Pick n' Pay Supermarket

Jan 2016 - Aug 2018

- Fostered positive relationship with customers to enhance loyalty and retention.
 - Resolved customer complaints and process issues with proactive problem solving skills.
 - Covered extra shifts and maintained flexible schedule to archive store goals.
 - Educated customers on product and service offerings, engaging in special offers and promotion to increase sales
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