

ADEOLA RAFIAT ADEWALE

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CAREER OBJECTIVE

I am a motivated worker with accredited Trainings and years of progressive experience in general office management and healthcare industry. I consider myself an energetic self-starter, team builder also with a good record keeping and effective communication skills. Able to navigate high-stress situations, achieve goals on time and promote organizational goals with accountability.

Qualifications

2013 - 2017 BSc Human Kinetics Education
(University of Ilorin, Nigeria)

Employment History

September 2022 to present Position: Support Worker

Longley Hall/Esto Care, Sheffield, UK

Responsibility:

- ❖ **Personal care:** Assist individuals with daily personal care activities, including bathing, dressing, toileting, and grooming. Provide support with mobility, transfers, and maintaining personal hygiene.
- ❖ **Medication management:** Administer medications as prescribed, ensuring adherence to dosage instructions and maintaining accurate records. Monitor and report any changes in the individual's condition or medication needs.
- ❖ **Emotional and social support:** Build trusting relationships with individuals, offering emotional

support, companionship, and encouragement. Engage in conversation, actively listen to their concerns, and provide reassurance. Promote social engagement and facilitate participation in activities.

January 2019 to August 2022 Position: Support Worker

Femis Hospital, Kwara State, Nigeria

- ❖ Delivered exceptional care and support to residence
- ❖ Assisted residents with personal care task, such as washing, dressing, and eating
- ❖ Observed, monitor and record residents physical and emotional wellbeing, and promptly report any changes to senior staff.
- ❖ Encourage residents to participate in social and recreational activities.
- ❖ Performed light housekeeping tasks, such as dusting, vacuuming and changing bed linens.
- ❖ Accompanied residents to medical appointments as scheduled

Skills

- **Empathy and Compassion:** Demonstrated ability to understand and support clients' emotional and physical needs.
- **Active Listening and Communication:** Skilled in listening to clients' concerns and effectively communicating with team members.
- **Personal Care and Mobility Assistance:** Experienced in providing hygiene assistance, dressing, grooming, and mobility support.
- **Time Management and Organizational Skills:** Proven ability to manage schedules, maintain accurate records, and handle multiple tasks efficiently.
- **Problem-Solving and Adaptability:** Adept at resolving conflicts and adapting to changing client needs with a calm and proactive approach.
- **First Aid and CPR Certified:** Trained to provide emergency medical care.
- **Confidentiality and Ethical Practice:** Committed to maintaining client confidentiality and adhering to ethical standards.
- **Team Collaboration:** Effective in working with healthcare teams to provide comprehensive care and support.

Training & Certifications

- Understand your role

- Your personal development
- Duty of care
- Equality and diversity
- Work in a person centred way
- Communication
- Privacy and dignity
- Fluids and nutrition
- Awareness of mental health, dementia and learning disabilities
- Safeguarding adults
- Safeguarding children
- Basic life support
- Health and safety
- Handling information
- Infection prevention and control
- Oliver McGowan
- Conflict Resolution & PMVA
- PAMOVA
- Breakway
- Manual Handling
- Risk Assessment Awareness
- Deprivation of Liberty Safeguards- DOLs
- Basic Food Safety Awareness
- Mental Capacity Act (MCA) Level 2 (VTQ)
- Moving and Assisting of People Level 2
- Conflict Management Level 2 (VTQ)
- Fire Extinguisher Use
- Epilepsy Awareness
- Substance Misuse
- Alcohol Abuse
- Self Harm
- Medication Administration
- Care Certificate

Reference

Available Upon Request.

