

# Benedicta Akinwalere

Wisbech PE13 3JZ

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A diligent, compassionate, resilient health care team member with skills and training to provide the best quality care and support( physically and emotionally) to residents on a daily/ nightly basis. Always ready to help with hygiene, mobility and cleaning needs.

A compassionate carer, who is keen to be the best in the care sector by providing day to day social interaction. Fully trained in 7 care certificates courses.

A proactive individual focus on providing the best possible care for residents, enable career advancement and key skills.

Willing to relocate: Anywhere

## Personal Details

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**Driver's License:** Cars

**Eligible to work in the UK:** Yes

**Highest Level of Education:** Bachelor's

**Industry:** Accounting

**Total years of experience:** 1

## Work Experience

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### Health Care Assistant

Hamilton Cross Agency.-Holbeach

April 2024 to Present

Caring for patients in hospital, residential care facility.

Main duties and responsibilities include:

Assisting patients with daily activities, providing personal care, such as showering, oral hygiene, dressing, administering medication, monitoring health and wellbeing, maintaining records and reporting any changes, assisting with meal preparation and house hold tax, assisting nursing staff when necessary.

### Health Care Support Worker

MIDAS-Wolverhampton

August 2023 to March 2024

Helping with daily living activities like, preparing and cooking meals, essential cleaning, shopping, bill payment, supervising and coaching to empower service users to be as independent as possible.

Feed patients, and help them use the toilet and bathe.

Using of hoist and molift to move and transfer a service user from one place to another.

Communicate with patients about their symptoms and needs reporting changes or concerns to other members of the patients care team. And also provide emotional support.

Recording of activities effectively.

### **Volunteer Care Assistant**

Home-Lagos

July 2022 to March 2023

Took care of my mother after going through a major surgery called lumbar decompression with pedicle fixation.

Aided in everyday activities, such as washing and dressing ensuring constant safety and effective care.

Supporting her to move around the home. This might involve supporting her to walk.

Repositioning her to ensure she is comfortable and supported.

Assisting in all aspect of personal care, retaining comfort and dignity.

Ensure safe, secure living conditions for service users, reducing risk and enhancing quality of life.

Assisted in administering drugs, preparing meals and other duties as needed.

### **Sales Officer**

Beach Town buy direct-Lagos

March 2015 to November 2016

Present, promote and sell products and services to prospective customers.

Perform cost-benefits and needs analysis of existing/potential customers to meet their needs.

Establish , develop and maintain positive business and customer relationships to enhance loyalty and retention.

Resolved customer complaints and process issues with proactive problem solving skills.

## Education

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### **Bachelor's degree in Accounting Education**

Ambrose Alli University Ekpoma, Edo state, Nigeria - Edo state

September 2008 to December 2011

## Skills

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- Assist with medical and welfare needs
- Maintain a safe clean environment for all
- Offer enhanced care
- Safeguarding knowledge
- Elderly care
- Personal Care

- Using of hoist and molift (Less than 1 year)
- Strong observational skills. (1 year)
- Ability to work in a team (3 years)
- Stress management (2 years)
- Empathy for patients (2 years)

## Certifications and Licenses

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### **Certificate in safeguarding Adults level 1&2 e-learning course delivered by florence academy**

March 2024 to March 2025

### **Certificate in infection prevention and control(level2) e-learning course delivered by florence academy**

March 2024 to March 2025

### **Certificate in mental capacity e-learning course delivered by florence academy**

March 2024 to March 2025

### **Certificate in Basic first Aid Awareness e-learning course delivered by florence academy.**

March 2024 to March 2025

### **Certificate in Basic life support(theory) e-learning course delivered by florence academy**

March 2024 to March 2025