

Charity Silenje

Norwich NR6 7QQ

cherrysilenjebmsi7_7no@indeedemail.com

+44 7732 987694

With almost two years of dedicated experience as a Care Assistant in the United Kingdom, my commitment lies in providing compassionate and personalized care across various settings. My proficiency encompasses assisting with daily living activities such as bathing, grooming, and meal preparation, all while prioritizing the creation of nurturing environments where individuals feel respected and valued. I am skilled in administering medications, monitoring vital signs, and swiftly responding to emergencies to ensure the safety and well-being of those entrusted to my care.

My experience as a Domiciliary Care Worker has allowed me to support elderly people with diverse needs, enhancing my adaptability in delivering tailored care solutions. Additionally, serving as a Support Worker for individuals with Learning Disabilities and autism has enriched my skill set in providing comprehensive care within the comforts of their homes. With a full UK driver's license and access to my vehicle, I offer flexible and reliable transportation for work-related duties, improving accessibility to essential care services. Moreover, my enhanced DBS certification underscores my unwavering commitment to upholding the safety and security of vulnerable individuals. My strengths lie in building meaningful relationships with clients and their families.

Willing to relocate: Anywhere

Personal Details

Driver's License: Cars

Eligible to work in the UK: Yes

Highest Level of Education: GCSE or equivalent

Industry: Personal Care & Home Health

Total years of experience: 2

Work Experience

Care Assistant

Ur Choice Care-Norwich

June 2022 to Present

- In my role as a Domiciliary Care Assistant, I consistently demonstrated competence, courage, and unwavering commitment to putting service users first
- In my role as a Support Worker, I provided personalized assistance to individuals with a learning disability and autism, enabling them to develop essential life skills for enhanced independent living in their home which improved their quality of life.
- I provided personalized care, and companionship to alleviate feelings of loneliness and isolation among service users, resulting in improved mental well-being
- My responsibilities included assisting with daily activities, such as personal hygiene, grooming, dressing, and meal preparation, while ensuring strict adherence to medication schedules maintaining accurate documentation resulting in zero medication errors, and ensuring the health and safety of service users at all times.
- Quick Response and Reporting: Implemented a proactive approach to monitoring vital signs, identifying potential health issues early, and promptly communicating concerns to the healthcare team, resulting in timely interventions and improved health outcomes for service users.

- Upholding a clean and secure living environment was a priority, and addressing potential hazards to minimize the risk of accidents or injuries, thus ensuring a safe and secure living environment for service users.
- Through this role, I honed my skills in empathy, attentive listening, and above all, the unwavering commitment to service users' well-being.
- My approach is guided by care, compassion, and courageous dedication to positively impact their lives.

Nurse Aide

Trauma Centre Borrowdale - Zimbabwe-Harare

September 2021 to June 2022

- I regularly monitor patients' vital signs like blood pressure, and temperature to ensure they are stable and healthy. By doing so, I help healthcare teams quickly identify any changes in a patient's condition, allowing for timely intervention and improved patient outcomes.
- I assist patients with their meals, ensuring they receive proper nutrition to aid in their recovery and overall well-being.
- Administer respiratory treatments using nebulizers as directed by medical professionals, facilitating effective medication delivery to alleviate breathing difficulties and improve respiratory function for enhanced patient comfort and health.
- Aid patients with toileting needs, maintaining their hygiene and dignity, fostering a comfortable environment, and minimizing discomfort or inconvenience, promoting their physical and emotional well-being.
- Help patients with personal grooming tasks such as bathing, dressing, and grooming, enhancing their self-esteem, independence, and confidence while ensuring their cleanliness and comfort.
- Maintain cleanliness and orderliness in patient areas, reducing the risk of infections.

Receptionist

Colcom Foods-Harare

January 2004 to August 2021

- Welcoming and assisting clients in a professional manner upon their arrival.
- Coordinating and scheduling meetings efficiently to ensure smooth operation of daily activities.
- Managing courier services, ensuring timely dispatch and receipt of packages.
- Upholding cleanliness and organization in the reception area to maintain a positive image.
- Handling incoming calls and directing them appropriately, while also managing call screening effectively.
- Sorting and distributing incoming mail promptly to relevant recipients.
- Ensuring security measures are adhered to by following protocols, maintaining a vigilant logbook, and issuing visitor badges.
- Facilitating team collaboration by documenting and communicating actions and needs consistently.
- Contributing to team objectives by fulfilling additional responsibilities as required.

Skills

- Excellent communication
- Driving (8 years)
- Flexibility and Adaptability
- Compassion and Empathy
- Teamwork

Certifications and Licenses

15 Standards of Care

June 2023 to May 2024

O'Level

January 1994 to November 1997

Full UK Driving Licence