

# DORENI CHIROWODZA

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## SUMMARY

Hardworking and dedicated Care Assistant and Manageress that can work in any setup of care delivery, helping service users with their everyday difficulties. Bettina takes great pride in her work and gets tremendous satisfaction from making a difference to the lives of people. Key strength includes being able to deal with patient personal care, meals and other activities whilst providing companionship to those in need of it. The best feeling comes from knowing that someone's day has been brightened especially a vulnerable person. Being a reliable and honest person that can handle early shifts, late shifts not limiting weekends. Always willing to learn.

## EXPERIENCE

11/2022 to Current

**Live-in Carer**

**Helping Hands Home Services**

- Providing companionship, sharing conversation and spending time together, Supporting with personal care such as bathing, dressing, and when necessary and continence support, Moving and handling using mobility equipment, Administering medication according to the customer's care plan, Helping with household chores such as vacuuming or washing clothes, Preparing and cooking nutritious meals as per dietary requirements, Assisting with errand running such as shopping picking up prescriptions, Keeping a detailed record and maintaining confidentiality of information, Communicating and working with multi-disciplinary team to promote quality of care.

01/2019 to 01/2020

**Carer**

**Sylvia Chinzou(Private)** - Newcastle, South Africa

- Preparing meals for patient, Administering medication timely, Changing linen for patient, Maintaining accurate and informative daily administrative records, Ensuring a safe and tidy working environment, Giving companionship to patient, Running errands and taking patients for daily walks
- Provided compassionate care to elderly clients, enhancing their quality of life and maintaining dignity.
- Assisted with end-of-life care, offering compassionate support to clients and their families during difficult times.
- Organised and accompanied clients to appointments, ensuring access to necessary healthcare services.
- Managed challenging behaviour sensitively, employing de-escalation techniques to maintain a calm environment.
- Maintained a clean and safe living environment, carrying out household tasks efficiently.
- Prepared nutritious meals tailored to clients' dietary requirements, supporting their health and wellbeing.
- Conducted risk assessments in clients' homes, identifying potential hazards and implementing preventative measures.
- Assisted with personal hygiene tasks, including bathing, dressing, and grooming, promoting client independence.
- Supported clients with mobility issues, using equipment safely and encouraging physical activity within capability.
- Provided emotional support and companionship, building trusting relationships with clients and their families.

01/2014 to 01/2019

**Carer**

**Ashley Sikambo(Private)** - Durban, Kwazulu Natalie South Africa

- Bathing and changing patient, Help feeding patient and changing bed linen for immobile patient, Ensuring a safe and tidy working environment, Giving companionship to patient, Helping with exercises during physio sessions, Wound cleaning and dressing
- Implemented personalised care plans, adapting approaches to meet the evolving needs of clients.
- Monitored vital signs and reported any significant changes to healthcare professionals, contributing to patient safety.

- Provided compassionate care to elderly clients, enhancing their quality of life and maintaining dignity.
- Assisted with end-of-life care, offering compassionate support to clients and their families during difficult times.
- Managed challenging behaviour sensitively, employing de-escalation techniques to maintain a calm environment.
- Maintained a clean and safe living environment, carrying out household tasks efficiently.
- Prepared nutritious meals tailored to clients' dietary requirements, supporting their health and wellbeing.
- Assisted with personal hygiene tasks, including bathing, dressing, and grooming, promoting client independence.
- Supported clients with mobility issues, using equipment safely and encouraging physical activity within capability.
- Documented care provided meticulously, ensuring accurate records for healthcare professionals and families.
- Administered medication accurately, following healthcare professionals' instructions and monitoring side effects.
- Promoted client independence while carrying out sensitive duties, such as showering and dressing.
- Actively listened to patients' complaints and feedback, actioning improvements to continuously elevate quality of care.
- Supported nightly routines and helped to reduce disruptions to sleep, delivering person-centred care in line with individual care plans.

## SKILLS

- Basic life support
- Moving and handling
- Palliative care
- Dementia care
- Catheter care
- Incontinence management
- First aid
- Competent and confident in administering medications
- Awareness of food and hygiene principles
- Caring, compassionate and a good listener
- Good sense of humour
- Able to set on working targets to maintain standard of performance
- A great team player
- Time management
- Very good communications skills

## REFERENCES

Upon Request

## EDUCATION

2014

**NVQ Level 2:** Computerised cashier

**Watersrand college** - Newcastle , South Africa

Subjects: English Language, Commerce, Integrated Science, Shona Language, Agriculture

11/2011

**Diploma in Administration**

**Varsity College**

Subjects: Front Office and PA Skills, Telephone etiquette, Travelling of Complaints, International travel arrangement, Business Communication, Modes of communication

04/2022

**Home Based Care Certificate**

**Red Cross South Africa**

Subjects: Elementary anatomy, physiology, human development and the ageing process, Disease conditions and disabilities common to specific communities, Management of a client's conditions and treatment, Assisting with activities of daily living, Identification and assisting with the referral process for a client or family member, Palliative Care, Alzheimer's and Dementia Care, Nutritional needs, Life skills, Occupational health and safety