

Esohe Ogbonmwan

Care Assistant

Norwich

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Passionate Care Assistant with 3+ years experience providing quality care and support to vulnerable individuals in need. Reliable and efficient use of initiative, good command of English, detail-oriented. Able to adapt and fit into different departments to help where the need arises.

Willing to relocate: Anywhere

Personal Details

Driver's License: Other

Eligible to work in the UK: Yes

Highest Level of Education: Bachelor's

Industry: Healthcare

Total years of experience: 3

Work Experience

Care Assistant

KARIA BEFRIENDING CARE SERVICES-Barking

December 2023 to Present

- Assist with personal care like bathing/showering, dressing/undressing, laundry, toileting and cleaning needs
- Make beds and change bedsheets
- Prepare meals and assist to feed when required
- Administer medications and record
- Use hoist to transfer in and out of bed into armchair, commode and wheelchairs when needed
- Support to move around using hoists, zimmer frame and wheelchairs

Home Care Assistant

Almond Tree Care-Mulbarton

March 2024 to June 2024

- Help clients get up from bed in the morning and get ready for the day.
- Assist with full body wash, dressing, shaving and personal hygiene where required
- Administer and record medications
- Complete day to day tasks including housekeeping, empty trash, laundry and errands .
- Assist with meals and drinks
- Ask for permission to use and do anything.
- Record any changes or concerns during visits.

Education

Bachelor's degree in Health Education

University of Benin - Benin City

December 2013 to July 2017

Skills

- Personal Care
- Caregiving
- Home Health
- Administering medications
- Basic I T skills
- Manual handling operations
- Patient assessment
- Dementia care

Languages

- English - Fluent

Certifications and Licenses

Care Certificate

February 2024 to Present