

RUTH ITEBIMIE ATSEGBUA

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PROFESSIONAL PROFILE

Dedicated and compassionate caregiver with 7 year of experience in providing excellent care and support to individuals in need. Skilled in creating a safe and enabling environment while promoting independence and improving quality of life. Possesses excellent interpersonal and communication skills to build a strong relationship with clients and their families. Committed to delivering personalized care with professionalism, respect and empathy.

WORK EXPERIENCE

SENIOR CAREGIVER

2018-2024

COMPANIONATE CARE HOME SERVICES. Lagos, Nigeria

- Provided daily care and support to elderly clients with various health conditions, including dementia, Alzheimer, and mobility limitations.
- Assisted with activities of daily living (ADLs) such as bathing, dressing grooming and medication management.
- Monitored vital signs and observed any changes in physical or mental health, promptly reporting concerns to medical professionals.
- Planned and engaged clients in meaningful activities to stimulate cognitive and social abilities
- Prepared nutritious meals and ensured dietary requirements are met, considering individual preferences and restrictions.
- Offered companionship, emotional support and listening ear, physical support such as helping clients move around their homes or assisting with mobility aids.
- Maintained a clean and organized living space, including laundry, light housekeeping and grocery shopping.
- Worked closely with family members, doctors and other healthcare professionals to ensure coordinated and comprehensive care.
- Documented daily activities, progress and any notable changes in condition, maintaining accurate records.

CAREGIVER ASSISTANT

2016-2018

- Provide emotional support and companionship to clients, ensuring a positive and caring environment.
- Engaged clients in mentally stimulating activities such as puzzles, reading, and conversation.
- Assisted client with daily activities such as bathing, dressing grooming.
- Monitored vital sign, recorded health information and reported any changes to healthcare professionals.
- Planned and prepared nutritious meals based on dietary restrictions and preferences.
- Assisted with light domestic activities like laundry and cleaning of the house and surroundings.

EDUCATION

National Open University Nigeria **2013 - 2019**

B.Sc Environmental Science & Resource Management

Norton College, Sheffield, Uk **2011 - 2012**

Diploma in Health Science

Scholar College, Benin City, Nigeria **1999 - 2003**

Secondary School Certificate (SSCE)

PROFESSIONAL CERTIFICATE

CARE CERTIFICATE – KNOWLEDGE ELEMENT 03-03-2022

ELDERLY CARE & CARING FOR THE DISABLED - ALISON 02-02-2023

DIPLOMA IN CARE GIVING - ALISON 15- 02-2023

HANDLING INFORMATION

SKILLS

- Excellent interpersonal and communication skills.
- Ability to monitor and document client's health and progress.
- Excellent problem-solving abilities and adaptability in challenging situations.
- Ability to maintain a clean and safe living environment.
- Knowledge of administering medication and medical appointments.
- Proficient in basic first aid and CPR.
- Proficient in providing personal care, including bathing, grooming and dressing.

