

# LIZZIE NHENHERE

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## SUMMARY

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I am a friendly, hard-working, compassionate, knowledgeable, positive minded Senior Carer who is always keen to caring and providing support for people, mostly the vulnerable. I am motivated to impact positively and love to learn new things and always passionate about making people happy. I am a well-trained domiciliary care aid and always seeking ways to enhance strategies and optimize assistance. Highly organized and hardworking with strong attention to details. Hardworking Patient Care Assistant bringing years' experience in field. Expertise includes administration and program management. Efficient experienced in managing high-volume caseloads. Adapts to flexible schedules and shares customer-centric attitude. Adept at care planning and medication administration. Dedicated care worker with knowledge of diverse care needs. Offers companionship and engaging activities for clients. Holds local area knowledge and driving license. Compassionate home-based carer with energy and stamina to handle physically-demanding work. Trained in mobility assistance, medication administration and schedule management. Reliable personal care worker with background helping clients. Careful to follow treatment plans and safety standards for optimum client health and recovery. Detail-oriented with documentation and schedule management. Dedicated carer with experience in achieving tangible results and cross-team collaboration. Proactive and excited to partner with like-minded individuals to achieve goals. Trustworthy with years of practical experience and dedicated work ethic. Self-motivated to consistently provide first-class results in line with stringent targets and deadlines. Empathetic individual with impeccable customer service and interpersonal skills. Works well under pressure with savvy time management and prioritization. Demonstrates strong resilience and active listening.

## EXPERIENCE

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### Senior Carer

08/2022 to Current

#### TLR Healthcare Services

- To assist the team leaders in the resource planning
- Coaching and mentoring of a team of staff and coordinating the daily provision of support and activities ensure the delivery of a high quality, responsive and efficient service
- Ensuring the service users are at the heart of the care delivery and their wishes and preferences enhance their wellbeing
- To ensure that all staff who are in their team contribute to the efficient running of the service work with a team, supporting colleagues and attending team meetings, recording and sharing information appropriately and confidentially
- Being responsible for promoting and safeguarding the welfare of those individuals they support
- To work in cooperation with members of the multi-disciplinary teams to maximize opportunities for service users
- Assess medical needs and monitor medication
- Assist with shopping and independent mobility
- Provide support in food preparation, personal hygiene and ensure well-being is
- Support elderly people in walking and getting up
- Assist in dressing and undressing
- Provide support to administer medication prescribed by the physician
- Provide a safe environment for those who need constant supervision and help in the ward
- Assisted in the formulation and delivery of care plans under the supervision of a clinician
- Provide any other support work as the need arises.

### Support Care Worker

05/2023 to 12/2024

#### ACCESS CARE GROUP

CORBY, UNITED KINGDOM

- Provided clients with exciting and mentally stimulating activities to improve quality of life.
- Promoted client independence by providing motivation throughout daily tasks.
- Maintained excellent client relationships by offering practical and emotional support throughout care.
- Administered medication as required in care plans and instructed by doctors.
- Provided companionship through emotional and mental support, assisting with day-to-day living.
- Conducted patient assessments to determine care plan requirements and additional medical needs.
- Built trust by maintaining strict confidentiality and sensitivity to patient needs.
- Ensured client safety by performing regular health checks, reporting concerns to doctors promptly.
- Worked closely with patients' nursing team, providing comprehensive and holistic care.

- Looked after clients' physical, emotional and social needs using person-centered approach.
- Cleaned patient rooms, completing tasks such as changing beds, dusting, and hoovering and bathroom sanitization.
- Educated and advised patients on prevention and improvement methods to avoid future hospitalizations.
- Attended to customer needs as and when requested through alert system.
- Measured care plan effectiveness by closely observing patient behavior and physical improvements.

### **Disability Care Personal Assistant**

**02/2023 to 09/2023**

**Lucy Panasiuk**

**Market Harbourough, UNITED KINGDOM**

- Organized personal and professional calendars, including reminders and updates for upcoming meetings and events.
- Ran errands, including shopping for groceries and collecting dry cleaning.
- Performed general bookkeeping, chasing invoices internally and externally to verify purchases and credit card usage.
- Promoted client independence while carrying out sensitive duties, such as showering and dressing.
- Followed individualized care plans to support client needs and record adjustments.
- Implemented medication reminders and other alerts to assist with time-management issues.
- Assisted disabled individuals to foster independence while closely monitoring safety.
- Built trusting relationships by demonstrating deep understanding of requirements and providing attentive support.
- Provided clean, hygienic environment for residents by performing routine cleaning and maintenance tasks.
- Delivered client-centered approach by contacting external social service agencies to obtain holistic view of individuals.
- Encouraged service users to be independent and active members of society.

### **SENIOR CARER**

**10/2019 to 04/2022**

**Complete Care Group**

- Getting to know clients and their interests and needs
- Helping with personal care like bathing, dressing and using the toilet
- Food preparation and feeding
- Acquiring, securing and giving out medication
- Carrying out general tasks like excursion, cleaning, laundry and shopping
- Carry out daily routine blood sugar test.

### **TILL OPERATOR**

**10/2015 to 10/2019**

**7 Eleven General dealers**

**JOHANESSBURG, SOUTH AFRICA**

- Maintained high productivity by efficiently processing cash, credit and debit payments.

## **SKILLS**

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| <ul style="list-style-type: none"> <li>• Medication Record Management</li> <li>• Patient Care Planning</li> <li>• Carer Training Management</li> <li>• Patient Emergency Management</li> <li>• Medication Administration</li> <li>• Dementia Care</li> <li>• Mobility Support</li> <li>• Patient Activity Planning</li> <li>• Patient Washing and Dressing</li> <li>• Person-Centred Care Planning</li> <li>• Health Assessments</li> <li>• Nursing Best Practices</li> <li>• Elderly Care</li> <li>• Medicine Dispensing</li> </ul> | <ul style="list-style-type: none"> <li>• Rehabilitation Support</li> <li>• First Aid</li> <li>• Personal Care</li> <li>• Meal Preparation</li> <li>• Process Improvement</li> <li>• Documentation</li> <li>• Documentation Development</li> <li>• Pain Management</li> <li>• Care Management</li> <li>• Safeguarding Knowledge</li> <li>• Person-Centered Care and Support</li> <li>• Housekeeping</li> <li>• Dementia Techniques</li> <li>• Personal Care Assistance</li> </ul> |
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## **TRAINING**

- Mandatory training in care – Victory Training School
- Moving and Handling Access Skills Training
- Medication Management Access Skills Training
- Safeguarding Access Skills Training
- Communications Access Skills Training

## **EDUCATION**

**ST Jonh Redcross**

Zimbabwe Redcross institute

O Level Pass Academic Achievement Award

**2015**

Harare

## REFERENCES

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Available on request