
MEMORY NGIRANDI

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PROFESSIONAL SUMMARY

Empathetic Health Care Assistant with more than 13 years experience in assisting clients with mental impairments or physical limitations to manage everyday tasks. Skilled in assisting elderly and providing caring companionship to clients who have cognitive impairments with everyday tasks and self-care.

SKILLS

- Catheter care
 - Personal care
 - Excellent communication skills
 - Patient handling and positioning
 - Moving and handling
 - Medication administration
 - Slides and hoist operation
 - Safeguarding knowledge
 - Good driver
 - Parkinsons awareness
 - Critical thinking
 - Time management
 - Empathy
 - Autism care
 - Palliative care
 - Elderly and children care
 - Learning disabilities awareness
 - Team player
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WORK HISTORY

Care Assistant, 10/2023 - Current

Clarissa Home and Healthcare

- Providing intimate care, enabling clients to maintain personal cleanliness and hygiene
- Assisting with personal care activities such as washing and dressing, consistently promoting positive health and hygiene
- Empowering clients to remain as independent as possible and retain sense of identity
- Providing compassionate personal care for elderly clients, offering support with washing, dressing and toileting
- Enhancing quality of life of clients with dementia by planning and delivering meaningful, appropriate activities
- Built clients trust through consistently compassionate care with necessary physical and emotional support
- Applying safe transportation techniques to transfer clients between rooms ensuring 0% incidents
- Helping clients to consistently meet nutritional needs, providing eating encouragement and support to prevent malnutrition.
- Safely lifted, transferred and repositioned service users using hoists and wheelchairs.
- Prioritising person-centred care to maximise independence for clients with dementia and limited mobility.

Healthcare Assistant, 08/2023 - 11/2023

Lotus

- Optimising service users comfort by maintaining a homely, stable and caring environment
- Helping clients with commode if needed and cleaning it after use
- Monitoring, checking and recording vital signs
- Working with service users to develop life skills, including how to prepare meals and keep areas clean
- Delivering toileting support for service users with mobility issues
- Preventing 90% accidents and falls by ensuring cleanliness and tidiness of service users homes
- Assisting service users with personal care including bathing, dressing, continence management and care of pressure areas
- Documenting and reporting service user care data into electronic charts with 100% accuracy
- Controlling and administering medication, establishing reminders to ensure 100% on-time intake.
- Preparing healthy meals with additional mealtime planning, feeding and support.

Care Support Worker, 07/2021 - 03/2023

Epworth Clinic - Harare, Zimbabwe

- Teaching life skills , such as shopping using public transport and paying for bills
- Supporting and helping with health care needs, including routine checks or administrating medication.
- Provided incontinence care and bed baths, maintaining 100% patient dignity at all times
- Supported bed-ridden patients through regular repositioning and chair-based exercise, helping to prevent sores, joint degeneration and blood clotting
- Carried out safe, secure manual handling, promoting independence whilst assisting patients with mobility

- Recorded vital signs and other metrics to inform care team of ongoing progress
- Empowered individuals to pursue hobbies and leisure activities such as shopping, household tasks and creative activities.

Family Caregiver, 01/2019 - 06/2021

Private Residence

- Provided ongoing companionship and supportive listening to build positive rapport and help combat loneliness.
- Used moving and handling skills to facilitate safe transfers on mobility-impaired service users while promoting dignity and independence.
- Administered medications and treatments in line with medical instructions and best clinical practice.
- Monitored and recorded vital signs, raising causes of concern to appropriate personnel.
- Delivered personal care and grooming routines to boost wellbeing.
- Assisted client with daily household cleaning, laundry and food preparation.

Care Support Worker, 12/2011 - 12/2018

Glaudina Medical Centre

- Teaching life skills , such as shopping using public transport and paying for bills
- Supporting and helping with health care needs, including routine checks or administering medication.
- Provided incontinence care and bed baths, maintaining 100% patient dignity at all times
- Carried out safe, secure manual handling, promoting independence whilst assisting patients with mobility
- Recorded vital signs and other metrics to inform care team of ongoing progress
- Maintained high levels of patient morale, providing guidance and encouragement through physical and emotional support.
- Empowered individuals to pursue hobbies and leisure activities such as shopping, household tasks and creative activities.

Support Worker, 06/2011 - 12/2011

Mapanzure Clinic - Harare, Zimbabwe

- Performing basic house cleaning duties like mopping, sweeping , vacuuming and dusting
- Watering indoor plants based on the instructions provided by the home owners
- Monitored individuals' progress, continuously updating and adjusting care plans to meet health and wellbeing needs.
- Assisted with personal care activities such as washing and dressing, consistently promoting positive health and hygiene.
- Monitored and documented client behaviours, activities and development, aiding appropriate care plan management.
- Built strong patient relationships through compassionate care and friendly rapport building.
- Supported clients in building appropriate skills to live safely and independently.
- Assisted users with disabilities and special needs to maintain access for all participants.
- Supported service users with learning disabilities and autistic spectrum disorders with person-centred approach.

EDUCATION

GCSEs

High School - Zimbabwe

CERTIFICATIONS

- Care certificate-Lotus Home Care (August 2023)
- Medication in the Care home (September 2023)
- Safeguarding Adults in the Care home (September 2023)
- Infection prevention and control in the Care home (September 2023)
- Moving and Assisting practical (September 2023)
- Fire safety 1: Hazards and prevention (September 2023)
- Introduction to Care Alison (February 2022)

ADDITIONAL INFORMATION

- Right to work(Skilled worker)
- Full UK driving licence
- Clean DBS
- References upon request