

Constance Chima Okonkwo

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PERSONAL PROFILE

Committed Healthcare Assistant with experience in clinical, physical, and emotional support to people with diverse disabilities, and mental health needs. Committed to providing personalized care with proven success in developing and stewarding long-term relationships with patients and community members. Specialist in supporting people in their own homes with expertise in monitoring healthcare needs. Supports clients to live as independently as possible, by implementing effective programs to help develop skills and abilities that allow them to participate in their local community while following quality regulated guidelines.

I am an excellent team worker Seeking a role with a quality Care provider where I can continue to help people reach their potentials and lead fulfilled lives.

EMPLOYMENT HISTORY

Support Worker

November 2023- till Date

Thera group,Bury

- Provide personalized, high-quality care to service users within the home
- Experience working with residents moving from rehabilitation, and supporting them to facilitate their inclusion back to society
- Observe and identify individual needs and preferences and used this in tailoring their care plans
- Updated individual progress notes, activity charts, and updated care plans where necessary on the access care and clinical system
- Support residents with personal care, help with mobility, and conducting daily room base checks while promoting independence
- Conducting weekly 1:1 session with residence and documenting all observations and responses on their I care health profile
- Administering medication and updating it on the MAR sheet daily
- Liaise with other healthcare professionals including psychiatrists, doctors and care coordinators
- Giving support in daily meal preparation, creating general meal plans and tailoring it to individual care plans while working with team leader and other team members
- Offering enhanced care with a flexible learning approach for all service users
- Providing enhanced guidance and encouragement through physical & emotional support
- Supporting residents in booking and making medical appointments
- Completed all mandatory care trainings and In-house trainings
- Planning activities and promoting inclusiveness

Health Care Worker

September 2017 -Dec 2021

Pathway to hope initiative

- Provided quality care by supporting clients with washing,toileting,dressing&undressing and other aspects of daily living
- Assisting clients in all aspects of their care need e.g physical,emotional and spiritual wellbeing whilst providing attention when needed whilst maintaining clients comfort and dignity
- Assisted in administering medication in accordance with written plans created by healthcare providers
- Met 100% of team objectives and program goals for service delivery
- Promoting welfare and safety of clients and escorting clients to medical appointments ,shopping etc
- Achieved 100% compliance with safeguarding reporting requirements for vulnerable clients
- Created lifestyle patterns for adults and children with disabilities, while working in partnership with associated care colleagues and agencies.
- Successfully supported people with complex health and communication support needs.
- Assisting clients in meal planning ,swallowing difficulties ,serving food and dietary requirements

EDUCATION

SKILLS AND EXPERTISE

- Daily living Assistance
- Person centered care
- Ability to communicate effectively with a wide range of people including service users
- Ability to handle challenging situations and behaviors in a professional manner
- Good oral and written communication skills including proficiency in Microsoft office
- Ability to carry out a range of physical health investigations
- Care plan developments
- Dementia Care Expertise
- Knowledge of the recovery model and social inclusion
- Understanding of learning disabilities, autism, and behaviors of concern.
- Personal care and hygiene support
- Commitment to ongoing professional development and learning.
- Medication management
- Safeguarding
- Mobility Assistance
- Meal preparation
- Manual handling
- Mental health
- Documentation and record keeping
- Competency in using care and clinical software
- Team work and collaboration
- Compassion and empathy
- Effective time management
- Multitasking

CERTIFICATION

Care Certificate
Mental Health eLearning
Learning Disabilities eLearning
Safeguarding and Protection of Adults and Children
First Aid and emergency response
Medication Administration
Food Safety Level 2
Autism eLearning
Health Safety and Environment (HSE levels 1, 2, & 3)