

# MARY ILESANMI

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## PROFESSIONAL SUMMARY

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A dedicated individual experienced in assisting the elderly, disabled, and dementia patients. Skilled in developing personalized care plans, providing companionship, and providing a safe and comfortable living environment. Proven ability to manage household tasks such as meal preparation, housekeeping, and medication reminders.

## WORK HISTORY

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### Support worker, 10/2023 - Current

Blue Ribbon Healthcare Limited, Preston

- Assisted with personal care activities such as washing and dressing, consistently promoting positive health and hygiene.
- Used excellent communication and interpersonal skills to engage and interact with needy individuals.
- Built strong patient relationships through compassionate care and friendly rapport building.
- Monitored and documented client behavior, activities, and development, aiding appropriate care plan management.
- Promoted personal well-being and independence, building service user confidence through social and community interaction.
- Monitored individuals' progress, continuously updating and adjusting care plans to meet health and well-being needs.
- Helped service users to gain the ability to function independently in society.
- Administered medication with rigorous planning and recordkeeping.

### Support Assistant, 09/2023 - 11/2023

1call24 Healthcare, Coventry, UK

- Recording and reviewing detailed support plan of users
- Supporting service users with social and physical activities
- Booking and accompanying users to appointments and outdoor activities
- Supporting users with independent living skills
- Ensuring safety and general well-being of service users
- Provided assistance to service users with learning disabilities and developmental disability with direct supervision of a registered Nurse
- Assisted service users with daily living and independent skills
- Provided emotional and behavioral support by reassurance and words of encouragement
- Supported in communication and socialization
- Assisted in keeping active with physical activities, taking walks

## SKILLS

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- Process Improvement
- Patient Education
- Program Oversight
- Patient and Family Liaison
- Organizational Skills
- Health Care System
- Patient Care and Monitoring
- Medicare Compliance
- Preventive Care
- Patient Care Assessment
- Personal care
- Medication Administration
- Care management
- Care plan development
- Documentation expertise
- Quality improvement techniques
- Daily living assistance

- Tending to day to day activities of users encouraging motivation, can do attitude, Social interaction and reassurance of service users.

### **Senior Healthcare Assistant, 11/2021 - 02/2023**

**Ace5 Healthcare, Ibadan, Oyo State**

- Assisted in all aspects of personal care, retaining comfort and dignity.
- Helped individuals with day-to-day activities while consistently encouraging independence and self-belief.
- Delivered personal care focused on individual needs, preserving patient dignity and self-esteem.
- Successfully positioned, lifted, and moved patients from bed into wheelchairs, applying safe handling techniques.
- Maintained up-to-date knowledge of the latest care practices by attending regular meetings and training opportunities.
- Monitored individual's physical and emotional well-being, promptly reporting changes and providing suggestions for care plan adjustments.
- Maintained secure patient environments, enforcing safe systems and practices in line with safeguarding requirements.
- Used outstanding communication and interpersonal skills to build positive client relationships for exceptional satisfaction ratings.
- Ensured patients took all medications as prescribed by their doctor, recording details of timing and side effects.

### **Care Assistant, 05/2018 - 09/2021**

**Homely Carers, Lagos, Nigeria**

- Monitored progress towards established goals on an ongoing basis and made necessary modifications as indicated
- Created individualized service plans for clients, incorporating short-term and long-term goals
- Engaged in advocacy efforts on behalf of clients whenever necessary
- Served as liaison between patient, family, caregiver and various healthcare professionals involved in patient's overall plan of treatment and post hospitalization recovery process
- Assessed psychosocial needs of patients, families, caregivers including mental health issues, financial concerns, legal matters
- Implemented evidence-based practices into daily practice when appropriate
- Performed risk management functions by identifying potential safety hazards or risks that may impact client outcomes.

## **EDUCATION**

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### **BACHELOR OF ARTS (B.A.) IN HISTORY AND INTERNATIONAL RELATIONS, 09/2016**

**Osun state university - Osun state**

### **Master of Arts, History and international studies, 09/2023 - 09/2024**

**University of Hull - Hull, KHL**

## **HOBBIES AND INTEREST**

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- Cooking, cleaning, travelling and reading

## **CERTIFICATIONS AND LICENSES**

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Care certification