

Sandra Mufandaedza

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Objective

Compassionate and dedicated individual with a genuine passion for providing high-quality, person-centered care to residents. Seeking to contribute to the exceptional care and assistance to individuals in need at your organisation

Education

- **Caredemy** 2024
Care Certificate(Standard 1 to 15)
- **ELfh (e-learning for health Care nhs England)** 2024
The Oliver McGowan Training on Learning Disabilities and Autism
- **Healthier Business Group** 2023
Care Certificates
- **Rodfri healthy care Academy** 2022
Healthcare Certificate
- **Florence Academy** 2022
Dementia level 1
- **Florence Academy** 2022
Medication Administration

Skills

- Medication administration
- Excellent communication skills
- Updating Care Plans
- Personal care
- Safeguarding children and adults
- Manual handling , Hoisting, use of slings and slide sheets
- Good attention to detail
- Confidentiality
- Basic Life Support
- Excellent time management skills
- Confident and Good team player
- Capable of engaging in physical activities
- Stoma Care Trained

Experience

- **4 Passion Care LTD** July 2023 - Present
Health Care Assistant
 - Providing assistance with personal care needs.eg toileting, grooming and dressing
 - Assisting clients with meal preparation and feeding as needed
 - Administratering medication.
 - Monitoring and reporting changes in client's condition to the appropriate healthcare professionals
 - Maintaining accurate records and reports on client's health and care plans.
 - Providing companionship and pursuing an active social life.
 - Assisting clients with mobility and transfers

- Assistance with other tasks of daily living skills that the client can not manage due to health/physical issues as agreed in their care plan
- Maintain a clean and safe environment for clients

- **Local old Age home in Zimbabwe**

December 2021 - May 2023

Support worker

- Provided non-medical home care service to elderly patients
- Accompanied patients on outings, including shopping trips and sightseeing.
- Focused on providing a high standard of personal care.
- Helped dress patients and cooked their daily meals.
- Assisted patients in remembering important appointments.
- Coordinated an entertainment program for patients.
- Also provided companionship to aid their emotional wellbeing.

- **Family home in Zimbabwe**

Jan 2021 - November 2021

Assisted a sibling with cerebral palsy

- Performed bed time routine to exact child needs, maintaining calm peaceful environment to aid positive sleep habits.
- Used compassionate communication and attentive listening skills to build positive, nurturing relationships with the child and family.
- Ensured safety and security of child at all times, within and outside of the home environment.
- Prepared fun engaging educational activities, aiding academic development.
- Provided personal care including bathing, grooming, dressing and feeding assistance when needed.
- Prepared nutritional meals and snacks according to dietary requirements.

- **Volunteering at Church**

- Part of church community outreach programs which provide relief to vulnerable members of the society.
- Organized a fund raising project which helped to feed the homeless individuals.

Reference

- Available on Request -

Driver's Licence

- Full UK Driving Licence