

## **Support Worker/Mental Support worker**

**TAOREED AKINBO**

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Energetic and motivated Personal Support Worker who is highly organised and skilled at balancing the needs of clients in both medical and personal capacities. Accurate, assertive, and adaptable professional who can effectively multi-task in challenging situations and meet critical deadlines.

Have undertaken a range of workplaces training courses in health and safety and manual and handling, skilled in 1.1 support, mental health support, caring for elderly and those with physical and learning disabilities, Pay attention to details and excellent communicator. Able to carry out food preparation, administering medication, support with 1.1 clients, shopping etc. Excellent team work and independently, work as lone worker, punctual, reliable, honest, responsible and hardworking.

### **KEY SKILLS**

- Team player
- Good Reflective skills
- Good communication skills and interpersonal
- Ability to work as lone worker
- Detailed record keeping

### **TRAINING**

- Manual & handling
- Health & safety awareness
- Medication administration

- Basic life support
- Safeguarding of children&adult
- Handling of violence& Aggression

## **WORKING EXPERIENCE**

### **SUPPORT WORKER @Elite Care Services JAN 2022- PRESENT**

- Proper and accurate documentation of resident care record
- Assisting patients on health matters and personal habits with hygiene and diet
- Assisting with medication administration
- support service user to live independently in their own homes
- Assisting with clinical duties
- Bathing and grooming without taken their independent
- 1:1 support to service users i.e support them to manage their mental health issue and make use of their recovery
- sleeping in services to the service user in their own homes
- Escort service user for appointment or shopping
- observation, monitoring and record patient conditions
- Emotional support and behavioural observation

### **SUPPORT WORKER@ Home Carers Ltd, Nigeria Jan 2016 - Jan 2022**

- Assisting patients on health matters and personal habits with hygiene and diet
- prompting and administration of medication as per medication administration record
- Assisting service user with their daily activities

- Emotional and physical support
- Mobility Expertise following manual and handling regulations
- food preparation & housekeeping
- Proper and accurate documentation of resident care record
- Promote positive self-esteem and decision making

**Admin Officer@ Link Door Company August 2012 – Dec 2015 (Lagos)**

- Establishing relationships with high net worth individuals.
- Professional and courteous on the telephone to both internal and external staff/customers/suppliers.
- Customer service roles.
- Faxing, Filing, and photocopying of office documents.
- Answering telephone calls and inquiries.
- Identifying and developing new business opportunities.
- Marketing of new and existing products.
- Administered and monitored customers' placements, requests, and queries.
- Administration and Management of customers' accounts.
- Entry of data into the computer system.
- Sending emails.

**References**

Available on request

