ETAFO INNOCENT

Oldham 0L4 1JW innocentetafosac49\_eop@indeedemail.com 07786051078

Detail-oriented Caregiver with specialized experience in patient care, Mental Health, Autism, Learning Disabilities, Facility, and home environments. Professional care assistant passionate and committed to adult and geriatric patients' well-being.

Willing to relocate: Anywhere

# Personal Details

**Eligible to work in the UK:** Yes

**Highest Level of Education:** Bachelor's

**Industry:** Childcare, Healthcare, Personal Care & Home Health

**Total years of experience:** 2

# Work Experience

**Support Worker**

Healthcare Recruiters Limited-United Kingdom

November 2023 to Present

* Encourage and engage individuals in activities that promote social interaction and personal development.
* Facilities skill-building activities to enhance independence and self-confidence.
* Provide guidance and encouragement for individuals to learn and practice essential life skills.
* Assist with daily living activities such as personal hygiene, meal preparation, and medication management.
* Develop and implement personalised care plans based on individual needs and aspirations.

**Care Assistant**

Limitless Healthcare Services Limited-United Kingdom

April 2023 to Present

* Providing care to elderly people, showing them love like a family.
* Assisting with ADLs, including personal hygiene (bathing, grooming), dressing for the day, eating, and exercising.
* Performing housekeeping duties like cleaning, laundry, and meals maintaining best practices for patient care and home.
* Providing physical and emotional support to patients with mental and physical needs.
* Providing practical support for individuals and their families, such as helping with household tasks, personal care, and paperwork.
* supporting young people when they are struggling with words of assurance and putting them in a safe hold when needed.

# Education

**Bsc in Mass communication**

Imo State University Owerri September 2012

# Skills

* Dignity
* Elderly care
* Food safety and hygiene
* Manual handling
* Compassion
* Time management
* Dedication
* Personal hygiene
* Confidentiality
* Housekeeping
* Safeguarding
* Good communication skills
* Leadership
* Organisational skills
* Food preparation

# Languages

• English - Fluent

# Certifications and Licenses

**Care Certificate (Standards 1-15)**

**Training course in person-centred care (Planning and Personalization)**

**Pmva Training**

**Conflict Resolution**