



MELANIE EBING

Cape Town, South Africa
+27 0620180223
melanie.ebing@gmail.com

Work Experience

HOUSE MANAGER

01/2000 to Present

EBING FAMILY

Durbanville, Cape town

- " Supervising residents preparing meals, handling chores and providing constructive feedback.
- " Assisting residents with daily hygiene and living tasks.
- " Co-ordinating activities and schedules, including daily driving.
- " Managing day to day operations of the home with a hands on approach, including looking after family pets.
- " Voluntary once a week helping at school tuck shop.

CAREGIVER

01/2021 to Present

SELF EMPLOYED

Cape town, South Africa

- " Run errands for patients, do shopping and picking up other necessities.
- " Shopping for groceries regularly in order to keep house stocked with necessities.
- " Planning, preparing and serving meals and snacks according to prescribed diets.
- " Remaining alert to problems or health issues of clients and competently responding.
- " Scheduling and clients for medical appointments.
- " Monitoring and maintaining cleanliness, sanitation and organization of assigned station and service areas.
- " Monitoring and assisting residents through individual service plans.
- " Determining specific needs and providing most appropriate level of services for patients well-being.
- " Cleaning house, run errands, managing laundry and completing weekly grocery shopping.
- " Helping patients care for themselves by teaching proper, safe use of ambulation assistive devices such as canes or walkers.
- " Monitoring, tracking and conveying important patient information to healthcare staff to help optimize treatment planning and care delivery.
- " Maintaining frequent supervision of residents unable to call for assistance.
- " Transporting individuals to events and activities, medical appointments and shopping

trips.

" Building strong relationships with clients to deliver emotional support and companionship.

" Assisting with dressing guidance, grooming, meal preparation and medication reminders.

" Providing transportation to doctor's appointments, grocery stores, salons and barbershops.

" Assisting clients with daily living needs to maintain self-esteem and general wellness.

" Engaging patients in meaningful conversation, socialization and activity while providing personal care

" assistance.

" Supporting clients with mental support and physical activities to accomplish quality of life and sustain needs.

" Entertaining, conversing and reading aloud to keep patients mentally alert.

" Assisting patients with self-administered medications.

SWEDISH MASSAGE THERAPIST

01/2000 to Present

SELF EMPLOYED

Cape Town, South Africa

" Designing of specific session based on patients individual needs.

" Assessing patients, keeping of patients record card up to date, inquiring about contraindications before providing massage therapy.

" Soft tissue manipulation to improve circulation, promote relaxation and relief of pain, stress and injuries.

" Assisting in the promotion of health and wellness as well as advising patients on health and general wellness.

" Working flexible hours across night, weekend and holiday shifts.

" Exceeding goals through effective task prioritization and great work ethic.

" Offering friendly and efficient service to patients, handling challenging situations with ease.

" Developing and maintaining courteous and effective working relationships.

" Demonstrating respect, friendliness and willingness to help wherever needed.

" Devoting special emphasis to punctuality and maintaining an outstanding attendance record.

" Maintaining outstanding attendance record, consistently arriving at work ready to start immediately.

Skills



Empathetic

Compassionate

Positive attitude
Strong interpersonal skills
Strong work ethic
Problem solver
Attentive
Patient
Sense of humour
Multitasker
Reliable/Trustworthy
Time management
Initiative
Team player

Education



Stellenberg High School

High school or equivalent
Matriculated
Cape town
01/1988 to 12/1992

BEAUTY THERAPY INSTITUTE

Other
Swedish Massage with Distinction
Beauty Therapy Institute, Rondebosch, Cape town
06/1998 to 06/1999

BEAUTY THERAPY INSTITUTE

Other

ANATOMY

BEAUTY THERAPY INSTITUTE, RONDEBOSCH, CAPE TOWN

06/1999 to 02/2001

ALLISON ONLINE

Other

DIPLOMA IN CAREGIVING (CPD ACCREDITED)

06/2022 to 08/2022