

# Jadesola Gabriel

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## Professional Summary

A dedicated and conscientious care/ support worker with 12yrs experience in the health care sector. Provides essential assistance for the elderly, disables, mental health and those unable to carry out everyday tasks independently.

Looking for a position as a support worker in a fast-growing health care company.

## Skills

- Ability to work alone and within a team.
- Ability to communicate effectively, and a good listener.
- Ability to get on with people of all ages.
- Very emotional and sensitive in nature and like to help others.
- Ability to prioritise my workload.
- Flexible, reliable and very understanding.
- Ability to understand and follow policies and procedures.
- Ability to cope with challenging situations.

## Experience

### Support worker

Sep 2017-Present

Servoca Nursing & Care

Merseyside, England

- Observe patients' attendance, progress, attitudes and accomplishments, and record and maintain information in client records.
- Encourage patients and attend to their physical needs to facilitate the attainment of therapeutic goals.
- Report to supervisors or therapists, verbally or in writing, on patients' progress, attitudes, attendance and accomplishments.
- Supervise patients with choosing and completing work assignments or arts and crafts projects.
- Manage intra-departmental infection control and equipment security.
- Evaluate the living skills and capacities of physically, developmentally or emotionally disabled clients.
- Prepare and maintain the work area, materials and equipment, and maintain an inventory of treatment and educational supplies.
- Transport patients to and from the occupational therapy work area.

- Instruct patients and families in work, social and lifestyle skills, the care and use of adaptive equipment, as well as other skills to facilitate home and work adjustment to disability.
- Assist occupational therapists with the planning, implementation and administration of therapy programmes to restore, reinforce and enhance performance using selected activities and special equipment.

**Care assistant** **Feb 2016-Present**

Challenge Recruitment Warrington, England

- Administer bedside or personal care, such as ambulation or assistance with personal hygiene.
- Prepare and maintain records of clients' progress and services performed, reporting changes in a client's condition to the manager or supervisor.
- Perform housekeeping duties, such as cooking, cleaning, washing clothes, doing the dishes or running errands.
- Care for individuals or families during periods of incapacitation, family disruption or convalescence, providing companionship, personal care or help with adjusting to new lifestyles.
- Perform healthcare-related tasks, such as monitoring vital signs and medication, under the direction of registered nurses or physiotherapists.

**Care assistant/Support worker** **Feb 2005-Feb 2016**

Unique Nursing Agency Manchester, England

Working as part of a team providing essential care to the elderly and disabled in and around Manchester. Carrying out everyday duties in clients homes with the emphasis on promoting and maintaining their well being and independence.

Assisting residents with personal care, including washing, dressing and general hygiene.

## Education

**Mental health awareness. Level 2: Health And Social Care** **Jul 2016**

St Helens College Merseyside, England

**GCSEs: English, Maths, Geography, Economics, Commerce, Biology, Account.** **Sep 1998**

Methodist High School Ibadan, Nig