

John Stevens

Care Assistant

AREAS OF EXPERTISE

Devising care plans
Person-centred support
Supporting carers
Maintaining accurate records
Working in the community
Personal development
Equality and inclusion
Counselling
Health & Safety procedures

PROFESSIONAL

First Aid certification

Manual Handling
Training

Enhanced CRB
disclosure

PERSONAL SKILLS

Patience

Attention to detail

Listening skills

PERSONAL DETAILS

John Stevens
Dayjob Ltd
The Big Peg
Birmingham
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Driving license: Yes
Nationality: British

PERSONAL SUMMARY

A highly skilled and motivated individual who is passionate about improving people's lives and making sure that every person under his supervision receives the highest level of care and attention. Highly experienced in providing hands on support and delivery to vulnerable adults by participating in the initial and on-going assessment of their needs. John is comfortable working with children, people with physical or learning disabilities, older people and their families or carers. He has a caring and friendly approach to work and is easily able to relate to people from a variety of backgrounds. He is willing to work in a residential location and stay overnight.

John is currently looking to work in a challenging yet rewarding role that will offer him the opportunity to enjoy a rewarding career in care as part of a friendly and supportive team.

CAREER HISTORY

Health Authority - Coventry

CARE ASSISTANT April 2009 - Present

Responsible for undertaking personal care duties as required to service users including toileting, washing, feeding, and manual handling and transfer under the direction of the Manager on duty.

Duties:

- Getting to know clients, their interests and their needs.
- Helping clients with daily personal care such as washing, dressing, using the toilet and feeding themselves.
- Supporting service users in a way that maintains dignity and privacy.
- Supporting clients in a residential home.
- Carrying out general tasks such as housework, laundry and shopping.
- Providing support to physically/mentally disabled people and vulnerable adults.
- Ensuring that all areas of the medical centre are tidy and safe at all times.

Medical Centre - Manchester

CARE ASSISTANT May 2008 – March 2009

KEY SKILLS AND COMPETENCIES

Professional attributes

- Able to deliver the highest standards of one-to-one care to meet any individuals needs
- Have an understanding of and able to demonstrate a commitment to Equal Opportunities and Diversity.
- Able to deal with aggressive people who have a challenging behaviour.
- Possessing excellent written and verbal English communication skills.

ACADEMIC QUALIFICATIONS

Birmingham North University 2005 - 2008

NVQ Level 2 in health care

Birmingham South College 2003 - 2005

A Levels: Maths (B) English (A) Physics (C) Geography (A)

REFERENCES – Available on request.



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