

Linda Harris

Carer CV

AREAS OF EXPERTISE

Manual handling

Care plans

General housework

Meal preparation

Fire safety

Food hygiene

House cleaning

IT skills

PROFESSIONAL

Enhanced CRB disclosure

First Aid Certificate

PERSONAL SKILLS

Caring and sensitive

Responsible

Physically fit

Non smoker

PERSONAL DETAILS

Linda Harris
34 Made Up Road
Coventry
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DOB: 12/09/1985

Driving license: Yes

Nationality: British

PERSONAL SUMMARY

A highly competent and enthusiastic carer with an outgoing personality, great communication skills and a passion for caring for others. Multi-skilled and self motivated with a dedication for providing personal and physical care on a one-to-one basis. Having a proven ability to meet the personal care needs of service users in a way that respects the dignity of the individual and promotes their independence. Using initiative to develop effective solutions to problems with an active and dynamic approach to work and getting things done efficiently & unsupervised. Currently looking for a suitable carer position with a ambitious employer.

WORK EXPERIENCE

Healthcare Provider – Coventry

CARER June 2008 - Present

Helping service users to remain in their own homes by providing the support and care needed to help them achieve maximum independence. Responsible for providing a high standard of care provision during early mornings, evenings, weekends and Bank Holidays.

Duties:

- Offering personal care, preparing meals, cleaning and helping with shopping trips.
- Administering medication and arranging medical appointments.
- Delivering and serving of 'meals on wheels' when required.
- Helping service users with mobility problems including incontinence.
- Making & changing beds, tidying rooms and emptying commodes etc.
- Providing advice and emotional support to clients.
- Setting tables and trays and also taking clothes to the laundry.
- Assisting with getting up in the morning, dressing, undressing washing & bathing.
- Taking part in staff and service users' meetings and also in training activities.
- Updating a clients medical records and other paperwork.
- Assisting with activities such as reading, writing, hobbies and recreations.
- Reporting to supervisors any changes in the health / circumstances of service users.
- Involved in six monthly reviews of service users.
- Helping the service user to look after their own health.
- Transporting service users to local amenities.
- Assistance with pet care, including the feeding and walking of dogs.

KEY SKILLS AND COMPETENCIES

- Experience of personal care, companionship and home help.
- Experience of working in residential, nursing and learning disability homes.
- A good knowledge of health and social care services.
- Good verbal and written communication skills.

ACADEMIC QUALIFICATIONS

NVQ level 2 in care

Nuneaton North College 2006 - 2008

A levels: Maths (A) English (B) Technology (B) Science (C)
Coventry Central School 2000 - 2006

REFERENCES – Available on request.

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