

HELEN BROWN

CARE WORKER

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Personal Summary

Helen is committed to make a real difference to people's lives by empowering them to live more independently. She has the necessary training in key relevant areas such as health and safety, first aid and moving and handling. Has the ability to make accurate decisions by collating and analysing relevant information. Possesses the required superb communication skills needed to provide emotional support to clients and befriend them. Current working early, late and night shifts at During her career has worked in care homes, places of work and within the community.

Work Experience

Employer's name - Location

CARE WORKER 2019 – Present

Responsible for supporting people who needs help with their daily tasks and enabling them to live their best life. Providing clients with company and companionship by chatting to and listening to them. Working with other health and social care professionals to ensure that the best possible care is provided to clients.

Duties:

- Supporting clients with social and physical activities as well as basics such as eating and drinking.
- Monitoring an individuals' conditions by taking their temperature, pulse, respiration and weight.
- Ensuring that all the correct procedures are followed when providing care to vulnerable and needy people.
- Assisting patients with things such as their grooming, personal hygiene and meal preparation etc.
- Making recommendations to family members, colleagues and other healthcare personnel on care plans.
- Collaborating with other health care and social care professionals so as to provide the best possible care.
- Working with children, the elderly and people with emotional, physical and learning disabilities or problems.

Employer's name - Location

CARE WORKER 2018 – 2019

Employers name - Location

CARE WORKER 2017 – 2018

Areas of Expertise

- Attending appointments
- Washing clients
- Communication skills
- Eating assistance
- Team player
- Safety practices
- Getting dressed
- Stress control
- Moving patients

Key Skills

Professional

- Can understand complex instructions and able to follow regulations and procedures to the letter.
- Building and maintaining effective professional relationships and communications with colleagues.
- In concise sentences describe your most relevant professional skills.

Education

School/College/University name - Dates i.e. 2003 – 2006 - Subject(s) and grades

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References - Available on request.



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