

# Frances KADIRI

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## SUMMARY

A compassionate and competent caregiver with over one year hands-on experience in managing the activities of daily living of older adults diligently. I always take pride in helping others and bringing a positive difference to people's lives with courage. I currently seek a long term position in the care industry to provide the best healthcare experience to clients while staying dedicated to continuous learning and the pursuit of professional excellence.

## WORK EXPERIENCE

August 2021-Present    *Care Assistant*    The Bliss Caregivers    Lagos, Nigeria

- Accompanying clients to appointments.
- Monitoring the physical and mental well being of clients
- Preparing healthy meals based on specific dietary needs and personal preferences
- Finding activities that ensure clients are stimulated and active
- Assisting with cleaning and doing everyday household chores
- Providing incontinence care
- Helping clients with mobility
- Monitoring and administering medication

May 2021- July 2021    *Care Intern*    Old People's Home    Lagos, Nigeria

- Patiently assisting clients with personal care and hygiene including bathing, bed-bath, changing of soiled linen, feeding, etc.
- Monitoring clients' physical and emotional well-being, promptly reporting changes and providing suggestions for care plan adjustments.
- Helping ambulatory and independent clients to move around.
- Keeping clients' environment clean following optimum hygiene standards.
- Passive exercising of clients to enhance mobility as directed by the physiotherapist.
- Assisting with giving medication according to prescription.
- Documentation of every procedure carried out.
- Working professionally with care teams to maintain continuity of care.

## **EDUCATION**

April, 2012	MBA(Business Administration)	Obafemi Awolowo University	Ife, Nigeria
Dec, 2004	BSc (Business Administration)	Delta State University	Delta, Nigeria

## **RELEVANT SKILLS**

- **Companionship:** Keeping clients company for my shift duration
- **Keen Observer:** Attention to detail to reporting any change to the care team
- **Personal Care:** Assisting clients with activities of daily life
- **Mobility Assistance:** Assisting clients with passive exercises and movements as directed by the care team.
- **Medication Reminders:** Ensuring that all medication is taken as at when due.
- **Teamwork and Collaboration**
- **Excellent Communication**
  
- **Languages:** English

## **PROFESSIONAL CERTIFICATIONS**

April 2021                      **Care Certificate (UK Health Education Standard Modules)**

**April 2022                      Florence Academy Training certificate UK**

- Basic Life Support e-learning Course
- Infection Control e-learning Course
- Anaphylaxis Management e-learning Course
- Equality and Diversity e-learning Course
- Fire Safety e-learning Course