

Uzoamaka Ante

Health Care Assistant/ Support Worker

Kent. ME15

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I am a compassionate and dedicated Health Care Assistant with over three years of hands-on experience in healthcare and support work. I genuinely enjoy helping people and take pride in making a positive difference in their lives. Whether it's supporting individuals with mental health challenges, providing personal care, or empowering service users to live independently, I bring a proactive, caring, and can-do attitude to every situation. I hold an NVQ Level 3 Diploma in Health and Social Care, along with a wide range of relevant certifications. I'm eager to continue developing my skills and contribute to a team where I can help improve lives while growing both professionally and personally.

Willing to relocate: Anywhere

Work Experience

Support Worker

Degree-Six Recruitment-Folkestone

February 2024 to Present

- Worked as support worker for young person in Degree Six Recruitment with different residential homes like Heartwood Care, Compass group Care etc.
- Assisted young persons with personal care like laundry, cooking, cleaning of environment.
- Administered medications according to prescribed schedules and ensured proper documentation.
- Monitored daily activities and reported to daily log and weekly log timely.
- Provided emotional support and companionship to individuals, fostering a positive and caring environment.
- Assisted with meal preparation, feeding, and light household chores.
- Collaborated with healthcare professionals, family members, and other staff to ensure coordinated care.
- Handled weekly keyword sessions about their challenges and how to improve in their behavior.
- Use professional means of restraining when necessary
- Assist in taking them out to community and weekly contact with family.

Health Care Assistant

Bright Meadows Care Home-Bolton-le-Sands, Lancashire

December 2023 to June 2024

- Personal Hygiene: Assisting with bathing, dressing, and grooming.
- Meal Preparation: Helping with meal planning, shopping, and cooking.
- Household Tasks: Supporting with cleaning, laundry, and other household chores.
- Mobility: Assisting with transfers, using mobility aids, and accessing community facilities.
- Safeguarding:

Ensuring the safety and well-being of individuals with disabilities, reporting any concerns or incidents.

- Communication:

Maintaining open and effective communication with families, other support staff, and relevant professionals.

- Collaboration:

Working collaboratively with other professionals to ensure coordinated and effective support.

Health Care Assistant

Eclectic Care Agency-Maidstone

August 2023 to December 2023

Worked as an agency Staff with different Care Homes like Leonardo Cheshire staplehurst , Charing Cross residential home, Avenue residential home and many more for the agency and also weekly Domiciliary carer.

1. Provide personal care and support to individuals with disabilities, autism, and elderly.
2. Assist with daily living activities such as bathing, dressing, grooming, and toileting.
3. Manage medication and medical conditions.
4. Monitor vital signs and report changes to nurses or doctors.
5. Develop and implement individualized care plans.

- Supportive Care:

1. Assist with mobility and transfers using different mobility equipment like mobile and ceiling hoist, slide sheet , electric and manual wheel chair.
2. Provide emotional support and reassurance.
3. Encourage independence and self-care.
4. Support communication needs (e.g., sign language, picture communication).
5. Facilitate social activities and community integration.
6. Assist with change of stoma bags and catheter bags.
7. Assist with meal preparation and feeding.

- Administrative Tasks:

1. Maintain accurate records and documentation.
2. Update care plans and risk assessments.
3. Report incidents or concerns to management.
4. Participate in team meetings and training sessions.

Health Care Assistant

Labcon health clinic-Abuja-Abuja

January 2017 to June 2023

Health care assistance with over for 5 year experience.

- Provided in-home care to elderly individuals and vulnerable with special needs
- Assisted clients with personal care such as bathing, dressing, and grooming
- Administered medication according to physician's orders
- Prepared special diet meals and ensured clients had proper nutrition
- Assisted with light housekeeping tasks such as laundry, dishes, and vacuuming
- Record entering in the logbook for medication and vitals monitor/ check.
- Followed all the rules and worked with every instruction given.
- Always build a good rapport with the clients to make them comfortable and relaxed.
- Assist with first aid treatment .
- Assist in the maternity ward with support

Education

Care Certificate in Health and Social Care

Florence Academy-United Kingdom

January 2023 to October 2024

NVQ Level 3 diploma in Health and Social Care

Health and Social Care-London

June 2024 to August 2024

Diploma certificate in Healthcare Management

ALISON-Maidstone

June 2023 to April 2024

Training certificate in PMVA

Trainedup-United Kingdom

2023 to 2024

Manual handling certificate in Manual Handling

Brit Locums-Kent

2023 to 2024

Diploma in Phlebotomy

Alison-United Kingdom

2023 to 2024

Bachelor's degree in Real Estate

Nnamdi Azikiwe University Awka Anambra state-Awka

July 2002 to September 2009

Certificate of higher education in WAEC

Scholar Imperial high school benin-Benin City, NG

September 1993 to September 2001

Skills

- Flexibility and adaptability
- Effective communication
- Knowledge of care standards and regulations.
- Understanding of client-specific needs
- Compassion and empathy
- Basic life support and emergency response.

Links

<https://www.linkedin.com/in/uzoamaka-ante-ba25981ba?>