

# ARINZE DANIEL UZOKWE

Middlesbrough, United Kingdom  
+44 7310140351 | [arinze.uzokwe@yahoo.com](mailto:arinze.uzokwe@yahoo.com)

---

## PERSONAL SUMMARY

---

I am a dedicated and compassionate care and support assistant with over 3 years of experience in providing high quality care to elderly, disabled and challenging behavior individuals. I am skilled in personal care assistance, rehabilitation support and medication administration. I also have experience in managing care plans, monitoring health conditions and supporting individuals with neurodegenerative conditions and dementia. I am very passionate about rendering enhanced care to improve patients' well-being and quality of life.

## WORK EXPERIENCE

---

### BARRINGTON LODGE

*Senior Care Assistant*

*May 2024 – Feb 2025*

- Lead a team of 8 staff members every daily, ensuring each resident receives the best possible care and support.
- Administer and Order medications for residents and conduct a medication audit at the end of each month to maintain accuracy and compliance.
- Liaise with healthcare professionals, including 111, 999, district nurses, clinicians, ambulance services, and advanced nurse practitioners to escalate changes in residents' health conditions and ensure timely interventions.
- Write and update care plans for new and old residents.

### ORCHARD CARE HOMES

*Health Care Assistant*

*Dec 2023 – Apr 2024*

- Delivered personalized care to residents with dementia and neuropsychiatric conditions, ensuring their independence and dignity.
- Assisted with bathing, dressing, grooming, and feeding while promoting active participation in daily activities.
- Received employee of the month award for impeccable dedication to the job.

### HOMEGROUP

*Care / Support Assistant*

*Mar 2022 – Dec 2023*

- Provided personal care, including bathing, dressing, and grooming, to elderly and disabled individuals.
- Assisted with mobility support and rehabilitation exercises to improve physical abilities and promote independence.
- Built positive relationships with residents, offering emotional support to enhance their quality of life.

### JAMES COOK UNIVERSITY HOSPITAL/SERCO

*Domestic Staff*

*Dec 2020 – Mar 2022*

- Performed cleaning tasks around the hospital in accordance with COSHH guidelines, ensuring a safe and hygienic environment.
- Provided friendly and efficient assistance to patients during cleaning duties, enhancing their comfort and well-being.
- Received a Star Performance Award in 2021 for demonstrating excellent work ethic and dedication.

### TEES CARE

*Agency Support Worker*

*Feb 2020 – Nov 2020*

- Assisted with meal preparation, light cleaning, and personal care according to prescribed care plans.
- Accompanied clients to medical appointments and monitored their health during daily activities.
- Responded competently to health issues and reported abnormalities to case managers.
- Supported clients with self-administered medications and managed wound care, including

dressing changes.

## **CROSS MISSION CHILDREN HOME**

*Orphanage Volunteer*

*Nov 2017 – Oct 2018*

- Provided care for children with learning disabilities, offering support and guidance in managing challenging situations.
- Organized activities such as sporting competitions to promote well-being and teamwork among children.

### **CERTIFICATIONS**

---

- NVQ Level 3 in Health and Social Care
- Care Support Worker (CSTF)
- Safe Handling and Administration of Medication
- COSHH Training

### **SKILLS AND COMPETENCIES**

---

- Personal care and hygiene support
- Rehabilitation exercises and mobility assistance
- Medication administration and wound care
- Safeguarding procedures and patient welfare monitoring
- Compassionate, empathetic care delivery
- Household management and cleaning tasks
- Strong communication and interpersonal skills
- Flexibility and adaptability in care settings

### **EDUCATION**

---

TEESSIDE UNIVERSITY, MIDDLESBROUGH, UK

***Master of Science in International Management***

2020 – 2022

LANDMARK UNIVERSITY, OMU-ARAN, KWARA STATE

***Bachelor of Science in Business Administration***

2013 – 2017

### **VOLUNTEER ACTIVITIES**

---

Volunteer at 7Billproject, working on initiatives to tackle poverty in Nigeria with sustainable solutions. Recently led a project to raise awareness on the importance of self-care during period poverty for young women.

### **INTERESTS & HOBBIES**

---

- Reading
- Body building

### **REFERENCES**

---

Available upon request