

# Avoke Oteheri

Mobile: 07448816588

Address: 89, John Street, Workshop S80 1TF.

[avokeoteheri145@gmail.com](mailto:avokeoteheri145@gmail.com)

## 👤 Profile.

Highly motivated and compassionate individual seeking a position as a Care Assistant. I have acquired some care experience working in hospital and I'm open to gain more experience in care field. I possess strong communication and organizational skills, as well as a genuine passion for providing exceptional care to individuals in need. I have a kind, warm and caring nature and able to work well as part of a team and make a positive impact on the lives of others.

## 📅 Employment History.

### **Uwelu Health Center (2021-2023).**

#### **Position: Care Assistant**

#### **Responsibilities:**

- Assisted in providing personal care and support to elderly residents, including assistance with bathing, dressing.
- Collaborated with healthcare professionals to maintain accurate and updated documentation of residents' health records and daily activities.
- Participated in recreational activities and outings, ensuring a safe and enjoyable environment for residents.
- Demonstrated strong communication skills by effectively communicating residents and their families, addressing their needs and concerns in a compassionate and empathetic manner.

### **Oath Health Care (2023).**

#### **Position: Care Assistant**

#### **Responsibilities:**

- Helping patients to take medications, eat, wash, and dress
- Monitor patients' conditions by regularly checking their temperature, pulse, breathing, and weight.
- Helping patients' get around, and accompanying them to doctor appointments.
- Providing companionship, including social and physical activities. This can often include fun days out and events.
- Collaborating with patients' family and doctors to follow up patients' dietary plans for overall improvement.

### **CITY AND COUNTY HEALTH CARE, PRIORY COURT,**

#### **WORKSOP (2024 -2025)**

## **Award Certificate: Diploma in Care from City**

**and County Health Care Group**

**Position: Care Assistant**

### **Responsibilities:**

- Helping patients to take medications, eat, wash, and dress
- Monitor patients' conditions by regularly checking their temperature, pulse, breathing, and weight.
- Helping patients' get around, and accompanying them to doctor appointments.
- Providing companionship, including social and physical activities. This can often include fun days out and events.
- Collaborating with patients' family and doctors to follow up patients' dietary plans for overall improvement.
- Laundry services

## **Education.**

**Diploma (ND) in Mathematics Education.**

**University of Benin, Nigeria (2003-2004)**

**West Africa Certificate Exam (GCSE) (1994-1999)**

**Bachelor of Accounting (Bsc)**

**University of Benin, Nigeria (2007-2012)**

## **Certification Care Academy (2023).**

**Dementia Awareness.**

**End of life care.**

**Mental health.**

**Person Centered.**

**Health and safety.**

**Food Hygiene.**

**Fire safety.**

**Manual handling.**

**Equality and diversity.**

**Infection Prevention and control.**

## **Skills.**

Computer skills.

Customer service.

Ability to work under Pressure.

Fast learner.

Ability to work in a team.

Friendly and outgoing attitude.

Multitasking skills.

Excellent customer service skills.

Good listener.

Compassionate communication.

Basic patient care.

Communication skills.

Effective time management skills.

## **Languages.**

English Language

## **First Aid.**

**Safeguarding Adults and Children.**

**Privacy and Dignity.**

**Basic life support.**

**Duty of care.**

## **References.**

**References available upon request**

