


## TOPE BOLANLE AJALA

Healthcare Assistant | Support Worker

United Kingdom

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### PROFESSIONAL SUMMARY

Compassionate Healthcare Assistant / Support Worker with 3+ years' experience delivering person-centred care in residential, nursing, and community settings. Skilled in social care tasks, monitoring and reporting observations, and supporting adults with dementia, mental health, and complex needs. Reliable and committed to safe and effective care in line with Social Healthcare and NHS values of compassion, respect, equality and commitment to improving lives.

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### CORE SKILLS & KEY COMPETENCIES

- Person-centred care delivery
  - Supporting Registered Nurses with delegated care
  - Observations & escalation
  - Vital signs monitoring (NEWS awareness)
  - Infection prevention & control
  - Safeguarding Adults (Level 2)
  - Accurate record keeping (paper & electronic)
  - Moving & Handling (Safer People Handling)
  - Medication administration & prompts
  - Dementia & mental health support
  - Managing challenging behaviour
  - Communication with patients, carers & MDT
  - Equality, diversity & dignity in care
  - Risk assessment & reporting
  - End-of-life care support
  - Time management & workload prioritisation
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### CARE EXPERIENCE

#### Healthcare Assistant/Support Worker

#### Serenity Inmind Limited

*December 2025 – Present*

#### Duties

- Enhanced the comfort, dignity, and general well-being of vulnerable persons by providing them with excellent, person-centred care.
- Assisting patients with everyday living tasks, mobility, and personal care helped them become more independent and lower their risk of pressure injuries and falls.
- Tracked observations, identified early decline, and raised concerns to protect patients.
- Helped with medication and followed policies and care plans.
- Maintained private records to facilitate secure transfers and maintain continuity of care.
- Provided therapeutic interventions and emotional support, reducing anxiety and distress in patients with complex needs, mental health issues, and dementia.
- Throughout the care context, implement infection prevention strategies to lower the risk of cross-infection.

- Coordinated and provided recovery-focused care in collaboration with diverse teams.
- Encouraged patients to regain functional independence by facilitating enhanced mobility programs and rehabilitation activities.
- Maintained a safe environment by identifying and reporting safeguarding problems.
- Calmly and effectively handled crises and patient condition changes, promoting prompt clinical actions.
- Always provided courteous, culturally aware care while advocating for equality, diversity, and inclusion.
- Promoted a positive team atmosphere by exhibiting dependability, flexibility, and proactive support from colleagues.

### **Healthcare Assistant / Support Worker (Night Duty)**

#### **Swallownest Residential Care & Nursing Home**

*May 2023 – December 2025*

##### **Duties**

- Delivered delegated care under Registered Nurses' supervision, ensuring safe and effective overnight support.
- Provided personal care such as washing, dressing, continence support, feeding, repositioning, and mobility aid while preserving dignity, comfort, and independence.
- Recorded clinical observations and escalated abnormalities per protocol.
- Assisted with wound care, changed dressings, and observed patients, ensuring care continuity.
- Maintained accurate, confidential records to support communication and regulatory compliance.
- Respond promptly to emergencies and changes in patient status, ensuring patient safety and facilitating rapid clinical intervention.
- Followed infection prevention and control procedures, reducing infection risk.
- Provided reassurance, emotional support, and companionship to reduce residents' night-time anxiety and distress.

### **Healthcare Assistant (Night Duty)**

#### **Gresham Northhill Residential Care Home**

*Nov 2022 – May 2023*

##### **Duties**

- Delivered person-centred care to elderly residents with physical, dementia, and mental health needs.
- Administered medication according to care plans, ensuring safety.
- Monitored and reported physical and emotional changes early.
- Supported nutrition, hydration, mobility, and hygiene, reducing fall and pressure damage risks.
- Documented and handed over care details for continuity.
- Safeguarded vulnerable adults, preventing abuse and harm.

### **Healthcare Support Worker / Carer**

#### **Awesome Healthcare Solutions Ltd**

*Nov 2021 – Nov 2022*

##### **Duties**

- Delivered domiciliary and residential care from individualised care plans, supporting independence.
- Assisted with personal care, meal preparation, and daily activities, promoting autonomy.

- Supported emotional and social well-being by fostering trust with service users and families.
  - Administered medication under supervision and liaised with healthcare professionals.
  - Maintained confidential records to support risk management and planning.
  - Delivered care under NHS values, safeguarding, and infection control standards.
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## **EDUCATION**

- MSc Human Resource Management – University of Lincoln
  - Health & Social Care Level 3 Diploma
  - RQF Diploma Level 3 – Adult Care \*\*\*
  - BSc Mass Communication
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## **MANDATORY & ROLE-RELEVANT TRAININGS**

- NHS e-LfH - Care Certificate (CCT) - Standard 1-16
  - Care Certificate (All Standards)
  - Safeguarding Adults (Level 1 & 2)
  - Infection Prevention & Control
  - Medication Administration
  - Risk Assessment & Reporting
  - Safer People Handling / Manual Handling
  - Dementia, Mental Health & Learning Disability Awareness
  - Basic Life Support (Adult, Child & Infant)
  - First Aid, CPR & AED
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## **PERSONAL ATTRIBUTES**

- Compassionate and empathetic
  - Patient, calm, and reliable
  - Strong communicator
  - Team-focused with excellent people skills
  - Respectful, professional, and confidentiality-conscious
  - Well-organised with attention to detail
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**REFERENCES** - Available on request.