

**Felistas Tebe**

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South Africa

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**CARE ASSISTANT**

Active team player with the ability to work on own initiative

**CAREER OBJECTIVE**

A compassionate, nurturing and dependable male caregiver with experience in caring for the elderly and disabled persons. I have a deep understanding and respect for the dignity of the person cared for and always recognizing their individuality.

**AREAS OF EXPERTISE**

**Elderly Care**

- Companionship
- Light Housekeeping
- Medication Reminders
- Appointments taking

**Disabled Care**

- Conversation
- Meal preparation
- Grooming

- Bathing assistance

### **CERTIFICATION & TRAINING**

First Aid Level 1 Certificate – St John Ambulance

Home Based Care Certificate – St John Ambulance

Diploma in Caregiving – Alison

Mental Health Awareness – Knights of Safety Academy

Covid-19 - Florence Academy

Catheter Care – Florence Academy

Dementia level 1 – Florence Academy

Continence Management and Care – Florence Academy

Safeguarding Adults level 1- Florence Academy

Equality and Diversity – Florence Academy

Understanding learning disabilities and Autistic Spectrum Disorder - Florence Academy

Medications Competency Assessment – Florence Academy

Class 2 drivers license

### **PROFESSIONAL SKILLS**

- Driving
- Leadership and teamwork
- Patience and trustworthiness
- Well versed in providing personal care and hygiene service; such as bedpan using, bathing, mouth care, eating, dressing and shaving
- Assisting patients with mobility issues
- Medication administration and tracking
- Able to quickly build relationships
- Able to relate to different people
- Skilled to respect service users

### **WORK EXPERIENCE**

## **Caregiver**

### **2018-Present**

- Assist patients with activities of daily living such as bathing, oral care, skincare, shampoo, dressing/undressing, help to the bathroom, or using the toilet, bedpan.
- Promote mental and physical activity with patients through talking to them, taking them out, sharing with them in activities such as reading.
- Prepare meals
- Perform household chores to make house clean, safe and livable
- Monitor patient progress to report necessary changes
- Assist in moving or transporting patient.
- Assist and intervene, when necessary, in crisis situations.
- Maintain record and files of patients orders and prescriptions
- Assist in wound care
- Always ready to accept any added responsibility
- Perform risk assessments and handle challenging behaviours