**Maria Vieira**

16429 – 59 St Edmonton, Alberta | 587-921-7363 | E-mail: lote9@hotmail.com

Empathetic care worker with a sensitive and compassionate approach to cultivating a trusting, stimulating and varied lifestyle for individuals in need. Experience in hospital and in-home settings, providing guidance and encouragement to patients through physical and emotional support.

**core competencies**

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| --- | --- | --- |
| * Desire to see Individuals Succeed
* Excellent Work Ethic
* Strong Leadership Skills
* Team Player
* Dependable, Flexible & Adaptable
 | * Strong Interpersonal Skills
* Excellent Conflict Resolution Capabilities & Problem-Solving Abilities
* Ability to Manage Priorities
* Attention to Detail
* Child Care/Respite Experience
 | * Effective Organization Skills
* Effective Verbal, Written, Socialization and Non-Verbal Skills
* Extensive Knowledge of Applied Behavioral Analysis
* Knowledge of Psychosocial Care
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Formal Education

**Health Care Aide Certificate**| NorQuest College 2013

**Caregivers Training Certificate** | College Montrose 2003

**PROFESSIONAL EXPERIENCEa**

**Health Care Aide** | Hope 4 Life **2018**

**Health Care Aide** | RAPS Agency **2017**

**Health Care Aide** | Dickinsfield Capital Care **2013**

**Health Care Aide** | Shepherds Care **2013**

**Health care Assistant** | Windsor Park Manor **2000**

**AREAS OF PROVEN PERFORMANCE**

**KEY Contributions & Achievements:**

* Assisted dementia clients with day-today hygiene, including washing and grooming.
* Help residents with daily living by assisting at mealtimes or feeding when necessary
* Remained alert to problems or health issues of clients and competently responded.
* Turned and positioned bedbound clients to prevent bedsores and maintain comfort levels. Operated mechanical lifts for transfer.
* Helped clients maintain optimal health by overseeing medication administration
* Regularly shopped for groceries and ran errands to ensure house was stocked with necessities.
* Established working relationships with the families of the patients
* Ensured stability of client’s vital signs including respiration rates, blood pressure and temperature.
* Expressing empathy and understanding of the issues encountered by patients with care needs.
* Providing support to physically or mentally disabled people and vulnerable adults.
* Advising senior healthcare staff of any difficulties, deficiencies, or incidents.
* Communicating with other healthcare professional involved in the care of the patients

**CERTIFICATIONs & TRAINING**

Standard First Aide CPR WHIMS

References Available Upon Request