**PERSONAL INFORMATION**

**Name: Mahnchuah Claudette Azem**

Contact telephone number : +14387797908

**Address; 8404 Mill Woods RD NW ,AB T6K 3B3**

Email : azemclaudette@yahoo.com

**PROFESSIONAL EXPERIENCE**

**Residence Manor ,Elderly Care giver Montreal - June 2022- July 2023**

-Assists the beneficiary in his mobilizations, transfers and travels. Help with exercises

passive as indicated in the care plan;

- Installs the beneficiary for meals, stimulates him, assists him or makes him eat at his own pace. Make sure he has eaten according to his taste and in sufficient quantity according to the directives of the nurse;

- Ensures that the beneficiary hydrates according to the recommended quantity, assists and stimulates him as needed;

-Gives incontinence care to the beneficiary or accompanies him to the toilet, assists him if necessary, sees to his hygiene and is concerned about his privacy;

- Ensures the physical comfort of the beneficiary: good body alignment and adequate positioning.

Provides residents with basic care and communicates information to the care team

related to the health and behavior of residents.

- Adopts an approach aimed at the maximum cooperation of the beneficiary for the maintenance of his autonomy,informs him of the course of the care activity he provides and ensures that he understands;

- Supervises the beneficiary in the care required by his state of health while respecting his degree of autonomy specified in the care plan.

**St Albert disability Home- Yaoundé Cameroon -May 2021-April 2023**

-Establish and building a trusting relationship with client,

-Assist in manual transfers/mechanical transfers of clients

-Provide personal care (changing adult briefs, bathing, dressing), and personal hygiene to clients

-Ensure Clients are stable and facilitate client choice, incorporate mentally stimulating activities,

re-positioning, community outings, supervision, and companionship.

-Encouraging positive social interactions, exploring inclusive opportunities within the community (volunteer, events, bowling),

-Encouraging client to step out of comfort zone, assisting with the development of life skills (laundry, simple meal preparation), and companionship.

**Technical Skills**

• MS Office ,Word, power point

• Excel, Outlook

**Education**

• High school Diploma