

LOVETH ODIA

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Professional Summary

Compassionate and dedicated caregiver with over 5 years of experience providing exceptional care to elderly individuals, young children, and children with disabilities. Proficient in personal care assistance, medication management, and creating a safe and nurturing environment. Known for excellent communication skills, patience, and a strong ability to build trust and rapport with clients and their families.

Core Skills

Long-Term Care, Organization, Multitasking, Resident Assessment, Caring, Effective listening, Care development plan, File management, Palliative care, Ability to work under pressure, Team work, Excellent communication Skills, Detail oriented.

Professional Experience

Personal Support Worker

Jan 2021 – Aug 2023

City of Hope Medical Center

- Assist clients with daily living activities. This includes delivering meals to patients, turning and ambulating patients and providing plenty of fresh water, as well as extra nourishment between meals
- Help patients with personal hygiene. Provide patients with bedpans, help with baths, shampoos and showers
- Reported family issues and safety hazards to supervisor.
- Completed light housekeeping duties in residences, such as dishwashing, sweeping.
- Provided care for clients with dementia, stroke, down syndrome, Parkinson's. Fed client, bathed client, provide companionship to client, assist client in physical activities like walking.
- Observed and documented client behaviors.
- Supported physically disabled clients with cleaning, feeding, bathing and toileting
- Helped clients accurately take medication
- Provided emotional, physical and mental support to clients
- Provide adjunct care for the patient, including ice packs, non-sterile dressings and therapeutic baths
- Check vital signs and record daily information in the patient's chart

- Assisted the nurses and other staff as needed

Personal Support Worker

Dec 2018- Dec 2020

Solid Rock Medical Center, Nigeria.

- Cared for elderly patients within long-term care centers; leveraged gentle persuasive approach to care for residents with dementia, challenging behavior, and Alzheimer's disease.
- Championed client/resident personal, psychological, emotional, and intellectual needs, counselled and provided companionship to residents.
- Assisted residents to complete activities of daily living, including personal hygiene, feeding, and toileting.
- Provided preventative care to residents by positioning and applying skin care treatments to prevent/treat sores.
- Helped residents with ambulation, and transferred residents utilizing electric/manual equipment and lifting devices.
- Performed routine wound management, medication administration, and specimen collection.
- Prepared and distributed beverages and snacks to residents; updated entries on nourishment supplements.
- Maintained facilities by cleaning and organizing general work areas, including nursing stations and closets
- Cleaned and organized resident rooms; replaced soiled linen and removed trash from all rooms.
- Care Plan Development, Reporting, and Records Management
- Collaborated with personal support workers, nurses, nutrition specialists and dietitians, physiotherapists, clients and families to define care needs and ensure delivery of high-quality service.
- Assessed resident well-being, including vitals, weight, and daily input/outputs; document and report changes in health status to supervising healthcare providers.
- Observed and reported residents' behavioral, emotional, and physical statuses; documented restraint usage and related interventions.

Child Caregiver for Children with Disabilities

Modupe Cole Memorial Childcare

August 2016 – December 2016

- Supported children with disabilities in performing daily tasks, enhancing their independence and quality of life.
- Utilized behavior management techniques to address specific needs and challenges.
- Engaged children in developmental activities and educational games to promote cognitive and physical development.
- Communicated effectively with parents and healthcare providers to ensure cohesive care strategies.

EDUCATION AND CERTIFICATE

- First Aid and CPR (BLS)

University of Port Harcourt, River State Nigeria

- BSE Education Management/Accounting

MacEwan University, Edmonton, AB Canada

- Project Management and Professional Communication Jan 2024 - Current