ADEBONA, BALQEES ADEOLA

12915 65 STREET NW Edmonton, AB, T5A 0Z8

Phone Contact: 825-823-9861

Email: adeolaadebona@gmail.com

**Professional Summary**

Exceptionally sensitive, emphatic, and dedicated caregiver with a strong record of health care service and client’s satisfaction. Adapt at handling a variety of client issues and problems with kindness and professionalism.

# SKILLS AND COMPETENCIES

* Providing care for people with complex and challenging needs in terms of their behavioral, emotional, psychological and developmental well-being
* Good and effective nurturing skill
* Helping clients develop their independent daily living routine in accordance with their individual care plan program
* Punctual, reliable and able to use own initiative
* Healthy and physically fit to work and stand for a long period of time
* Detail-oriented, very organized and have good job task planning Skills
* Knowledge of providing assistance to client on wheelchair
* Proficient in Microsoft office suite, internet, email and other office applications
* Knowledge of working with the Elderly

# WORK EXPERIENCE

**QUALICARE EDMONTON SOUTH** Dec 2022 – Nov 2023

Duties

* Assist client with wound dressing, and emptying of Foley catheter bags day and night.
* Assist client with medications reminders.
* Assist client with meal preparation and following the diet plan as directed by the care manager.
* Proficient in assisting client with ambulation, positioning and provide them support during bathing, toileting, dressing and grooming.
* Weekly, monthly Appointment’s reminders
* Tracking of Patients vitals (blood pressure, oxygen level, blood glucose) and reporting to care director of any changes
* Keeping client home clean and maintaining good sanitary standards at all times
* Assist with the implementation of a patient care plan.
* Documentation of daily reports with dates and time of specific care provided to residents
* Engaging in activities like reading, games, walks, and other hobbies that the client enjoys.
* Offering emotional and social support, including companionship, active listening and providing comforting presence.

**INDEPENDENT COUNSELING ENTERPRISES, EDMONTON** March 2021 – Nov2022

Duties

* Administered medication to clients as at when due
* Documentation of daily report of each client on care given
* Helping Clients perform prescribed physical therapy exercises.
* Offering emotional support and companionship to patients
* Performed light housekeeping tasks in the client's house, such as tidying up and laundry.
* Assisted clients with activities of daily living

# SPECIALISED TRAINING

* + Bathing Technique and Positioning
	+ The process of Aging
	+ Ethical code for healthcare worker
	+ Infection Control: Basic Concepts
	+ Caregiver conducts
	+ Assisting with self-Administration of Medications
	+ The Basics of Nutrition and Food

Safety

* + Basics of Hand hygiene
	+ Basics of Personal Protective Equipment
	+ Privacy, Rights and Self

Determination of Clients

* + Protecting Client Rights in Home Care
	+ Workplace Body Mechanics
	+ Caring for people with diabetes
	+ Actions and Interactions of common
	+ Medication Administration
	+ Crisis Intervention Training
	+ Standard First Aid & CPR
	+ Abuse Prevention and Response Protocol (APRP)
	+ Proactive Behavior Intervention.
	+ Documenting Medications
	+ Providing Medication Assistance
	+ Basic cleaning in the Home
	+ Handling Dirty Linens; Residential and care areas
	+ Home Food Safety
	+ Handling Food safety in the Home
	+ Companion Home maker; Safety and Housekeeping
	+ Understanding Nutrition and

Hydration

* + Promoting Safe Eating
	+ Managing malnutrition and Dehydration
	+ Fundamental Needs of the Elderly
	+ Diet and Nutrition
	+ Medication Administration
	+ Standard First Aid &CPR
	+ Abuse Prevention and Reporting
	+ Ethics of Touch
	+ Health and Safety Training
	+ Cultural Awareness and Social Inclusion.

# EDUCATION

University of Ilorin 2019

High School Diploma 2013

# REFERENCE

Available on request