ADEBONA, BALQEES ADEOLA

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**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