**RACHEAL BULASA.**

**EDMONTON, ALBERTA. TEL.437-604-3996. EMAIL.rachealbulasa745@gmail.com.**

**Summary Statement.**

Passionate and dedicated Child and Youth Worker with a strong commitment to the well-being and development of children and adolescents. Experienced in providing support, guidance, and counseling to young people facing various challenges. Seeking an opportunity to utilize my skills and expertise in a dynamic and rewarding environment. Am committed to enhancing the quality of life for those I serve.

**Skills**

Effective Communication and observational skills.

Household and Medication Management.

Patience and Understanding skills.

Meal preparation and nutrition.

Flexibility and Adaptability.

Teamwork and Collaboration.

**WORK EXPERIENCE.**

**Child and youth worker, Inspirational Support Home, Edm, AB. 2024.**

* Took the children to playground, swimming, mall, and community activities.
* Administered medications accurately and on time.
* Performed late night housekeeping by sanitizing, emptying garbage, and checking all areas around the house before bedtime.
* Purchasing grocery supplies and preparing meals according to the menu plan.
* Monitored, supervised, and provided on-site support to youth located at the program facility.
* Provided crisis intervention and de-escalation techniques in emergency situations.
* Maintained records of medication schedules and facilitated timely refills.
* Offered individual and family counseling to address behavioral and emotional issues.

**Child and Youth Worker, Hope for life, Edmonton, Alberta. 2023.**

* Completed light housekeeping tasks, maintaining a clean and organized living area.
* Planned and prepared nutritious meals, considering dietary restrictions and preferences.
* Offered necessary support for walking and moving around to prioritize wellbeing.
* Completed healthcare related tasks including administering medication.
* Provided stimulation in activities to keep service users motivated, promoting their mental and physical.
* Transported the resident to locations outside the home such as doctors’ appointments and outings in the community.
* Dealt with aggressive and difficult behavior from youth aged individuals.
* Took individuals for walks and to other planned activities.

**Care Giver, Nexim Care, Toronto. 2022-2023.**

* Provided overnight and weekend care for an individual with physical disabilities.
* Administered medications.
* Assisted with catheter care according to required schedules.
* Prepared meals and completed laundry services and light housekeeping duties.
* Helped individuals with personal hygiene care including bathing, dressing, and shaving.

**Volunteer.**

**CASA Mental Health**.

* Administered general bedside care for clients, such as bathing, dressing, and undressing.
* Performed routine and general housekeeping duties such as laundry and washing dishes.
* Prepared light meals and special dietary meals and assisted in feeding clients.
* Encouraged and assisted clients to take prescribed medications.
* Collected and recorded blood pressure, temperature, pulse, and fluid intake readings
* Transported clients by wheelchair, stretchers, and ceiling lifting.

**Bissell Centre(volunteer) JUN-2024 - To-Date (Community Space)**

* Talked/ shared with the individual who needed emotional support
* Provided folk with basic needs such as laundry services and supplying hygiene products, ensuring that showers are clean and usable for every client.
* Helped folks with medical issues to get medical attendance from the medical team at the site.
* Provided harm reduction supplies to our lovely folk.
* Directed our folk to different organizations where they can help.

**EDUCATION, TRAINING AND CERTIFICATES.**

**Diploma in social workS**

**Diploma in Care giving, Alison.**

**Tickets and Certificates.**

* First Aid and CPR/AED completed in
* Class 5 driving license**.**
* Medication Administration Certificate- Child Intervention Record Check certificate,
* WHMIS (Workplace Hazardous Materials Information System)
* Alberta Food Safety Basics
* Suicide prevention
* Trauma Informed Care Domiciliary Care Support Worker
* Harm Reduction, Bissel centre
* Domestic Violence Awareness in Your Workplace. Alberta Health Services.
* Customer Service Skills Certificate,