

# SYLVESTER AMANKWAA

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## Education

**Certificate:** Personal Support Worker, 06/2024

**College Essor** - Montreal, QC

## Professional Summary

Dedicated Home Care Assistant from Home Instead, excelling in compassionate caregiving and medication administration. Achieved a 40% improvement in client mobility and well-being through tailored care plans and emotional support. Expert in patient transportation and adept at fostering client independence, showcasing a blend of empathetic assistance and practical healthcare skills.

## Skills

- Errands Running
- Compassionate Caregiving
- Bathing Assistance
- Housekeeping tasks
- Grooming assistance
- Patient Lifting
- Personal Hygiene Assistance
- Housekeeping
- Emotional Support
- Alzheimer's Care
- Meal Preparation
- Patient transportation
- Diabetes management
- Mobility Assistance
- Nutrition monitoring
- Laundry services
- Cultural Sensitivity
- Recreational Activities
- Care Plan Adherence
- Physical therapy support
- Patient Care
- First aid and safety
- Dressing assistance
- Behavioral support
- Vital Sign Monitoring
- Documentation accuracy
- Client documentation
- Feeding Assistance
- Medication Administration
- Behavioral Management
- Behavior redirection
- Client Transportation
- Bathing Support
- Activities of Daily Living (ADLs)
- Heavy Lifting
- Certified in CPR/AED
- Mobility support
- Basic Housekeeping
- Personal Care Aide
- CPR/AED

- Transportation provision

- Special Needs Care

## Work Experience

**Home Care Assistant** , 11/2023 to 05/2024

### Home Instead

- Assisted patients with dressing, grooming and feeding needs, helping to overcome, and adapt to mobility restrictions.
- Provided patients with assistance in completing daily tasks, reducing daily burden on family members.
- Administered medication as directed by physician.
- Planned, prepared, and served meals and snacks according to prescribed diets.
- Encouraged patients to participate in safe physical activity to help boost mood and improve overall wellness.
- Helped patients safely transition between sleeping surfaces and mobility assistance such as wheelchairs by providing consistent support.
- Monitored progress and documented patient health status changes to keep care team updated.
- Remained alert to problems or health issues of clients and competently responded.
- Scheduled and accompanied clients to medical appointments.
- Recorded temperature, blood pressure, pulse, or respiration rate as directed by medical or nursing staff.
- Offered support for client mental and emotional needs to enhance physical outcomes and overall happiness.
- Increased medication and medical terminology knowledge through research and continuing education.
- Handled emergency situations effectively by providing timely and appropriate interventions, ensuring the safety and well-being of clients.
- Delivered transportation services for medical appointments or personal errands, increasing client access to community resources.
- Collaborated with interdisciplinary teams to develop comprehensive care plans tailored to individual client needs.
- Contributed to the development of customized care plans through active participation in regular case conferences with fellow caregivers and healthcare professionals.
- Improved client quality of life through compassionate companionship and emotional support.
- Facilitated communication between clients, families, and healthcare providers, promoting a cohesive approach to care.
- Maintained strict adherence to professional boundaries while fostering trusting relationships with clients and their families.
- Assisted in the coordination of social activities for clients aimed at reducing isolation and

promoting mental stimulation.

- Educated clients on self-care techniques, empowering them to take control of their own wellbeing.
- Planned and implemented community outreach and events to provide health education about cancer, self-care and preventive breast examinations.
- Supported families through difficult times by offering emotional support and education on important care tasks.
- Developed and implemented care plans for clients.
- Directed patients in simple prescribed exercises to assist with daily physical therapy routines.
- Helped clients with managed home care, ensuring efficacy of care by monitoring health status.
- Communicated regularly with clients' families to provide updates on health and wellbeing.
- Assisted clients with living independently through skill-building and mentoring in areas such as housekeeping adaptations and preparation of healthy meals.
- Provided direct personal care and administrative services to clients.
- Monitored changes in clients' conditions to report concerns to supervisor.