

ZARA OKOYE

N6G0Y2

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SUMMARY

An experienced, dedicated, supportive healthcare support provider passionate and willing to offer expert support for emotional, physical and mental needs of my clients.

SKILLS

First Aid, CPR/AED Level C

Certified first responder

Direct Care

Always willing to provide top-notch direct care to our clients.

Meal preparation and nutrition management

Ability to prepare meals while maintaining hygiene and safe food handling principles.

Medication administration

Ensures that clients/patients take their medications in the right dose and promptly.

Record Keeping

A detailed record keeper that pays attention to details.

Relationship Management

Excellent relationship manager with clients, clients' relatives, and colleagues

Valid Driver's License

Possess a valid Ontario Class G1 driver's license

Time management

Ability to organize and plan how to divide available time between different daily activities.

EXPERIENCE

Senior Home Care By Angels, Milton, Ontario

Aug 2023 - Present

Personal Support Worker

- Provided personal care and assistance to elderly clients, including bathing, dressing, grooming, and toileting.
- Assisted with medication administration.
- Assisted with mobility, transfers, and exercises as per care plans.
- Offered companionship, engaged in meaningful activities, and provided emotional support.
- Performed light housekeeping duties, including cleaning and organizing living spaces.
- Documented client's progress and reported any changes in their condition to the family or healthcare professionals.
- Maintained and promoted the physical care, medication administration and implemented client specific programs for clients
- Ensured a safe and comfortable environment by addressing safety hazards and preventing accidents.
- Built and maintained rapport with residents and family members to facilitate trusting caregiver relationship.

Grand Care Foundation

March 2021 – Jan 2022

Healthcare Support Assistant (Volunteer)

- Assisted residents with ADL.
- Offered companionship, engaged in meaningful activities, and provided emotional support.
- Performed light housekeeping duties, including cleaning and organizing living spaces.
- Implemented client specific programs after assessing clients to help build their self-confidence with family and the public while ensuring their safety and health needs were met adequately.
- Monitored and recorded changes in blood pressure and sugar levels.
- Maintained and promoted the physical care, medication administration and implemented client specific programs for clients.

EDUCATION

Standard First Aid, CPR/AED Level C (National CPR Foundation) 2023

WORKER HEALTH AND SAFETY AWARENESS

October 2023

Ministry for safety and labour, Ontario.

FOOD HANDLER SAFETY CERTIFICATION

October 2023

Advanced safety certification.

PERSONAL SUPPORT WORKER CERTIFICATION

August 2023

Dominion College of Business Health and Technology

NNAMDI AZIKIWE UNIVERSITY | AWKA, ANAMBRA

August 2014 – November 2019

B. Science (Human Anatomy)

VALID VULNERABLE SECTOR CHECK REPORT