**Curriculum Vitae**

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**Summary**

***A highly self-motivated health care professional with enormous empathy and compassion for clients of different ages, levels of disability/capability from all socio economic backgrounds. I have a solid track record of providing the highest level of comfort in an organized and professional manner. I am committed to the values of dignity, compassion, collaboration and responsibility****.*

**Employment history:**

**Healthcare Assistant The Care Team - Dublin Aug 2015 – Present**

* I currently work as a Healthcare Assistant in South Dublin and this involves caring for clients in their own home.
* Predominately I care for clients with acquired brain injuries including Stroke, MS, Fredericks Ataxia, Parkinson’s, Motor Neuron Disease, Cerebral Palsy, Dementia and Alzheimer’s ranging in age from 20-80.
* I am responsible for the health and safety of my clients, for assisting them with daily life tasks such as toileting, grooming, dressing and feeding.
* I provide some basic physio to clients.
* Responsibilities also include gathering, reporting and updating data linked to direct client care activities.
* Provide clean, well-organized and secure client care surroundings.

**Family Support Worker Enable Ireland – Dublin Jan 2015 – Aug 2015**

**Part-time**

* I was employed specifically to provide support and care for a 9 year old with cerebral palsy.
* I assisted in all elements of her care including, feeding and personal care.
* As part of supporting this family I also took care of the service user’s brother and sister creating a harmonious environment and opportunities for sibling interaction within a safe and secure setting.
* At weekends I provided assistance to a male adult with cerebral palsy and this included providing companionship, nutritious meal preparation and assistance with daily life tasks.

**Home Care Assistant Irish Homecare – Co Laois Mar 2014 – Aug 2014**

* This job entailed caring for clients in their own home and based on their individual needs.
* I was responsible for the health and safety of my clients, for assisting them with daily life tasks such as toileting, grooming, dressing and feeding.
* In addition friendliness, building trust and positivity/charisma are some of the skills I used on a daily basis.
* In particular covering a rural area many clients look forward to a HCA visit and in addition to daily care helping to combat loneliness was very important.
* Each client was different and their needs differ, some clients required personal care and assistance with most daily life tasks, others required a social call.
* I also provided respite to family members who were providing 24hour care.
* I provided care to clients with dignity and respect.
* All care was provided in accordance with the client’s specific care plan and I was responsible for recording all activities with detail and accuracy at all times.
* I also was responsible for notifying any concerns to the supervisor/family where applicable.

**Child minder Co Laois Jun 2013 – Mar 2014**

* This job entailed caring for three children in my own home.
* The children were aged 4, 2 and a baby from 3 weeks old.
* My responsibilities in this job were feeding, changing, supervising and entertaining the children.
* The provision of a clean, safe and secure surroundings at all times.
* Assisting with their early development and education through age appropriate play.

**Child minder Kilkenny City Nov 2012 – Jun 2013**

* This job entailed caring for three children in my own home.
* The children were aged 4, 3 and a 6 month old baby.
* My responsibilities in this job were feeding, changing, supervising and entertaining the children.
* The provision of a clean, safe and secure surroundings at all times.
* Assisting with their early development and education through age appropriate play.

**Crèche Assistant Busy Bees – Kilkenny City Nov 2011 - Nov 2012**

* Busy Bees is a large purpose built crèche in the heart of Kilkenny’s IDA business park accommodating a large number of children from babies to pre & after school children.
* In this job I was responsible for looking after children ranging from babies to after-schoolers depending on the room assigned to me on a daily/weekly basis.
* I was responsible for cleaning duties, supervising the children in my care, doing arts and crafts with the children, organizing activities for them, feeding responsibilities and toilet needs.
* I completed cleaning tasks on a daily basis to HSE standards and maintained health and safety standards as laid down in the procedure manual of the creche.

**Retail assistant Josef Jeans - Kilkenny 2011-2012**

* This was a part time job which I did at the weekends while working in the above crèche.
* My responsibilities in this job were, assisting customers, serving customers on the till, maintaining the cleanliness of the shop floor and replenishing stock.

**Childcare assistant Hotel Kilkenny Kids Club Summer 2010**

* This job involved looking after and supervising children in a busy drop in centre and kids club.
* The children I was responsible for ranged in ages 0-12.
* My duties included cleaning to HSE standards, organizing and planning activities for the children, constant supervision of the children in my care and doing arts and crafts with the children.

**Waitress Grill and Grape Steakhouse - Carlow Part time 2008**

* In this job it was my responsibility to take orders from customers, prepare and clear tables and serve food.
* Customer care and satisfaction was a big part of this job.

**Au-Pair**  **Portugal July-august 2008**

* My role in this job was to care for three boys full time and look after the household duties such as meal preparation, cleaning and ensuring the children’s needs were met at all times.

**Shop Assistant Park View Newsagents - Kilkenny Part time 2007/8**

* This job required me to use my social skills and work as part of a team in a busy newsagents and deli.
* My duties were replenishing stock, making stock orders, cleaning and maintaining the shop floor, serving customers on the till and the deli and also opening and closing of the shop.

**Other Work:**

* Tennis coach at Brian Doyle tennis camps in Kilkenny, Easter and Summer 2006-2008. My role in this job was to supervise and teach children how to play tennis ranging in ages 4-12.
* Regular babysitting.
* Work experience in Colaiste Na Rinne, Co. Waterford. During this experience I worked alongside the Cinnere to learn what they do and their methods, which involved organizing sport activities, supervising at meal times and also assisting the teachers in the classroom.

**Education:**

* **Fetac Level 6**  - Early Childhood care and education Aug 2014- May 2015 – Dundrum College of Further Education
* **Fetac Level 5 -** Childcare Practitioner Traineeship Aug 2011 – May 2012
* Leaving Certificate 2010 & Junior Certificate 2007 – **Kilkenny College, Kilkenny**

**Other education/certifications:**

* Occupational First Aid 2015
* Patient Moving and Handling 2015
* Manual Handling 2015
* Child Protection Course 2010

**Hobbies and Interests:**

I enjoy socializing and spending time with family. I also have a love of singing and was in two choirs in my secondary school Kilkenny College participating in inter-school competitions regularly. I also competed regularly in competitions as a solo singer. I enjoy walking with my dogs and reading.

**Personal summary:**

I am a social individual who enjoys being around people. I thrive when I feel I am needed and my skills can be put to use efficiently. I am a highly self motivated person and enjoy challenges, I am a fast learner and a keen learner, and I have strong communication skills and enjoy interacting with people immensely.

**References:**  Available upon request