

GRACIAN MASHAVA

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Professional Summary

Over 5 years of experience as a caregiver in care facilities and in personal support capacities. Track record of providing personal care to residents according to their individual needs. Highly skilled in managing overall operations of an assisted living facility. Monitors, evaluates and makes recommendations regarding training procedures. A dependable individual who works within the scope of professional practice guidelines.

Skills

- Client intakes and assessments.
- Wound care and dressing .
- Document and records management .
- Care-driven guardianship and daily oversight.
- Compassionate, communication sensitive to client needs.
- Client transportation, appointment setting, and schedule management.
- Catheter and stoma care.
- Vital Signs record management.
- Relationship building with ability to form a rapport with clients of all ages and background.
- Problem-solving, troubleshooting, and flexibility in the face of challenges.
- Adaptation to special needs and individualized requirements.
- Daily lifestyle facilitation, including dressing, feeding, and task prioritization.
- CPR and first aid.
- Physical strength and stamina.
- Mental health expert.

Experience

- **Private home residence** March 2021 - Present
Caregiver
 - Assisting the patient with getting in and out of bed, dressing, personal care and toileting .
 - Assisting with basic wound care and catheter care under the direction of a registered nurse.
 - Helping manage the patient's physical disabilities by mobility and incontinence.
 - Performing various housekeeping tasks, meal preparation in the patient's residence.
 - Creating companionship by playing music and reading stories to keep the patient mentally alert.
 - Running errands and attending doctor's appointments with the patient.
 - Administering oral medications, monitoring patient's stability by checking vitals including blood glucose and blood pressure under the direction of a registered nurse.
 - Assisting the patient with daily simple exercises improving the patient's health by 35%.
- **Highfield Old Peoples Home (Society Of Destitute Aged)** June 2017 - January 2021
Caregiver
 - Administered personal care and personal hygiene assistance to 25 residents.
 - Administered prescribed oral medications under the written direction of a senior nurse.
 - Directed patients in simple prescribed exercises and in the use of braces or artificial limbs.
 - Maintained records of patient care, condition, progress, and problems in order to report and discuss

observations with a supervisor or case manager.

- Massaged patients and applied preparations and treatments, such as liniment, alcohol rubs, and heat-lamp stimulation.
 - Provided patients with help moving in and out of beds, dressing and grooming.
 - Changed bed linens, washed and ironed patients laundry, and clean patients quarters.
 - Entertained ,conversed with, or read aloud to patients to keep them mentally healthy and alert.
 - Performed a variety of duties as requested by Supervisor, such as obtaining household supplies and running errands for clients.
 - Planned ,purchased,prepared,and served meals to patients according to prescribed diets.
- **Private home** January 2016 - April 2017
Informal palliative caregiver
 - Provided palliative care and support to a family member through basic medical services including wound care .
 - checking vital signs such as blood glucose and blood pressure
 - provided companionship and emotional support to patient
 - accompanied the patient to doctor's visits.
 - Assisted with daily living activities including bathing,dressing and grooming

Education

- **Alison** 2022
Diploma in caregiving
- **Alison** 2022
Understanding child development and disabilities
- **Health promotion clinic trust** 2018
Basic Nurse aid

Reference

- **Mr Tafara - "Highfield Old Peoples Home(Society Of the Destitute Aged)"**
The human resource manager
admin@highfieldhome.co.zw
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- **Mr Madzivanzira - "Health promotion clinic trust"**
Course Coordinator
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