

Contact Information

Full Name : Memory Gochero
Passport number : GN500666
Marital Status : Single
Address : 32 Jourbet Street, Parow Valley
Phone : 081 783 1618
E-Mail : gocheromemory4@gmail.com
Gender : Female
Date of birth : 26 March 1998
Country of origin : Zimbabwe

Professional Profile

I am a compassionate caregiver companion with experience working with children and serving chronically ill patients including assisting with daily living activities and household tasks. I hold an elderly care assistant certificate and with First Aid. I also did voluntary work at an old age home to further my skill base and experience. My extensive experience has allowed me to develop substantial care-giving skills and am therefore able to assist families with general care of their loved ones and those vulnerable (children & elders). I possess good listening skills and I can work well in a team. I am very patient, kind and relate well with people. I am neat in appearance, very calm and have a professional attitude. I look forward to meeting my new family.

Job Skills & Achievements

- Cooking skills
- Companionship
- Laundry, ironing and folding
- First AID & CPR
- Dealing with sensitive issues
- Administering medication
- Record keeping
- Safety and house proofing
- Making bed with patient in it

- Caregiving skills
- Patient assessment
- Hygiene & menu planning
- Making nutritional meals for elderly
- Organized and implemented a cleaning stocking system to ensure safety
- Dressing patient
- Caregiving skills

- Changing nappies and bed pan assistant
- Ability to follow instructions, written or oral
- Storytelling and reading books
- Time management
- Creativity
- Elderly activities
- Bed bathing, Massage
- Budget and house management
- Mouth care
- Skin care

CV

Work Experience

1.) Employer: Mrs. M Gaibe

Position: caregiver

Dates of Employment: December 2020 – (Current job)

Key Responsibilities: Serving as a trusted companion for an elderly patient. Bathing and clothing her. Changing nappies, feeding and assist during toilet time. Making beds, moving patient from wheelchair to bed, giving back and foot massage, brushing teeth and hair, changing the patient sides frequently when she could not use her body fully. Administering medication as prescribed by doctor. Managing the schedule and keep patient as active as possible. Did full house cleaning, vacuum and dusting, mopping floors. Perform laundry duties, washing, folding, packing closets. I do spring cleaning, such as moving furniture's and cleaning underneath, unpacking all the closets, Changing bed linen, vacuum mattresses and disinfecting. Cooking and baking. Making a Shopping list, packing the pantry and detergents cupboards.

2.) **Employer:**Husami Masjid

Position:Assistant Educare Teacher

Dates of Employment: 2020-2021

Key Responsibilities: Assisting in the classrooms and cleaning

3.) **Employer:** Rashida Parker

Position:Cleaner

Dates of Employment: 2021

Key Responsibilities: domestic worker

Education

1.) Qualification : Elderly Care Course certificate

Preventative, safe house proofing

Basic First Aid, Choking & CPR

Bed pan, bed bathing, dementia patient, Nutrition.

Organization : Chilton Care Intl

Date : 2022

CV

2.) Qualification : First Aid & CPR course Certificate

Organization : Chilton Care Intl

Date : 2022

Languages & Computer & Further Skills

- | | | |
|-----------|------------------------------------|----------------------------------|
| • English | • Knitting & Story telling | • Creativity |
| • Shona | • Playing tennis, Soccer & Netball | • Petcare |
| | • Gardening | • Excellent communication skills |
| | • Ability to multitasks | |

References

1.) Name: Belinda Jacobs

Phone Number: 0630133129

2.) Name: Rashida Parker

Phone Number: 073 196 4431

3.) Name: Husami Masjid

Phone Number: 082 868 0206