



Mara

EXPERIENCE:

Activity Assistant Coordinator

WindReach Adult Day Program
Warwick, Bermuda
March 2022 - Present

Home Care Provider

Home Instead Senior Care
Halifax, NS
January 2021 – Present

Care Assistant

Ridgewood Assisted Living
Bridgewater, NS
June 2019 – August 2020

Camp Counselor

Salvation Army Camp
Sandys, Bermuda
June 2016 – August 2021

EDUCATION:

Bachelor of Arts: Gerontology/Psychology, Family/Child Studies

Mount Saint Vincent University

Halifax, NS
Expected in May 2023

Accountabilities as a HomeCare Provider

- ✓ Promoted mental strength, physical improvements and self-esteem through wide range of activities.
- ✓ Assessed individual resident capabilities to develop relevant and helpful programs.
- ✓ Managed special music, memory and entertainment programs.
- ✓ Consulted with staff and other professionals to discuss activities, design programs to promote entertainment, relaxation, socialization, and fulfillment
- ✓ Improved patient outlook and daily living through compassionate care.
- ✓ Maintained clean and well-organized environment to promote client happiness and safety.
- ✓ **Supervised medication administration, personal hygiene and other activities of daily living.**
- ✓ Planned and prepared nutritious meals and snacks to meet special client diets such as diabetic, low sodium and high protein.
- ✓ Assisted patients with daily hygiene tasks, including bathing, dressing, dental care and grooming.
- ✓ Alzheimers/Dementia care
- ✓ Documented observations of mental and physical health to report updates to medical staff
- ✓ Changed bed linens, made bed and laundered soiled linens to keep patients' bed clean.
- ✓ Transferred patients to and from beds, chairs or wheelchairs using principles of body mechanics and equipment such as gait belts.
- ✓ Collected and recorded patients' blood pressure, pulse and respirations (TPRs) to evaluate and note basic health status.
- ✓ Kept detailed records of patient medical history, progress, medication administration and changes in health or other conditions.
- ✓ Cared for wounds by changing bandages, dressings and binders to promote healing.
- ✓ Administered medication to all residents in an organized and peaceful manner.
- ✓ Ultimately promoted to a role of "Team Leader" / "Supervisor on Duty" to meet the needs of all residents and their family, along with providing guidance and instruction to all staff on duty.