

TARANA MAPITI

Adult care worker/ support worker

CONTACT

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AWARDS & CERTIFICATIONS

Level 3 Diploma in Adult Care
Rewards training – 2026
Level 2 Diploma in Adult Care -
Ashgables house- 2025
GCSEs (or equivalent) including
English and Maths
overseas school- 2023

SKILLS

- Personal care and hygiene support
- Medication administration and recording
- Safeguarding vulnerable adults
- Moving and handling
- Care planning and documentation
- Emotional support and companionship
- Promoting independence
- Effective communication
- Teamwork and collaboration
- Health and safety compliance

PROFILE

Compassionate and dedicated Adult Care Worker with over 2 years of experience providing high-quality, person-centred care to vulnerable adults in residential and supported living settings. Skilled in assisting with personal care, medication support, mobility assistance, safeguarding, and promoting independence while maintaining dignity and respect. Currently holding Level 2 and in training for Level 3 Diplomas in Adult Care with a strong understanding of care standards, safeguarding procedures, and health and safety regulations.

WORK EXPERIENCE

ASHGABLES HOUSE

1-3 Oaklodge close Bristol Road, SN15 1NG

February 2024-present

- Provide person-centred care and support to adults with varying physical and mental health needs
- Assist with personal care, dressing, bathing, toileting, and mobility support
- Support service users with medication administration in line with care plans
- Monitor and report changes in health and wellbeing to senior staff
- Maintain accurate care records and daily reports
- Promote independence and encourage participation in daily activities
- Build positive relationships with residents, families, and healthcare professionals

ADULT CARE WORKER

Ashgables house - 1-3 Oaklodge close SN15 1NG

February 2024-present

- Assisted residents with daily living activities
- Supported meal preparation and feeding where required
- Ensured a safe and clean environment
- Provided companionship and emotional reassurance
- Followed safeguarding and infection control procedures