Grace Mensah

Healthcare Assistant (QQI Level 5, Garda vetted)

Cork · +353 86 234 5678 · grace.mensah@example.ie

PROFILE

Healthcare assistant with five years in residential care for older people, including three on a dementia unit. QQI Level 5 in Healthcare Support, Garda vetted and up to date on manual handling and safeguarding. Seeking a HCA post in a Cork nursing home or with the HSE.

WORK EXPERIENCE

Healthcare Assistant, Ashfield Nursing Home, Cork — Jan 2023 to Present

- Care for 14 residents on a dementia unit across days and nights, working to individual care plans
- Assist with personal care, mobility, feeding and medication prompts under nurse supervision
- Chosen as buddy for new HCAs, taking 6 through their first fortnight on the floor
- Kept incident records and handover notes that passed two HIQA inspections without a finding

Care Assistant, Home Instead, Cork — Jun 2021 to Dec 2022

- Visited up to 9 clients a day in their own homes for personal care and companionship
- Escalated two safeguarding concerns that led to changed care packages
- Held a full clean licence and used own car across a rural round

EDUCATION

QQI Level 5 Healthcare Support, Cork College of FET — 2021

Care Skills, Care of the Older Person, Anatomy and Physiology

SKILLS

Personal care · Dementia care · Manual Handling (current) · Patient Moving and Handling · Safeguarding Vulnerable Adults · Basic Life Support · Full clean driving licence

REFERENCES

Available on request.