

Grace Adeyemi

Care Assistant

Derby | 07700 900217 | grace.adeyemi@example.com

Profile

Care assistant with four years in residential dementia care and home care, working days, nights and weekends. Supports people with washing, dressing, continence care, meals and moving safely, following each person's care plan and choices. Keeps electronic care records accurate and reports changes in health to the senior on duty. Holds the Care Certificate and a Level 3 Diploma in Adult Care.

Employment

Care Assistant | Aldercote House Care Home, Derby | March 2022–present

- Support up to eight residents a shift on a 30-bed dementia unit with personal care, continence care and meals.
- Move residents with hoists and standing aids, following each person's moving and handling plan.
- Record food and fluid intake, repositioning and skin checks on the electronic care record before handover.
- Noticed a resident drinking less and becoming more confused; told the senior, who arranged a GP review that day.
- Run a weekly music afternoon and guide new staff through their Care Certificate shadow shifts.

Home Care Assistant | Brightwell Home Care, Derby | 2020–2022

- Visited up to 12 people a day in their own homes for personal care, meals and medication prompts.
- Kept to visit times and wrote clear notes for the next carer and the family.

Qualifications and training

- Level 3 Diploma in Adult Care (2024)
- Care Certificate, all 15 standards (2020)
- Medication administration, safeguarding adults, moving and handling, infection prevention and control, basic life support (refreshed 2026)
- Oliver McGowan Mandatory Training on Learning Disability and Autism, Tier 1 (2025)
- GCSEs including English Language 5 and Mathematics 4 (2018)

Skills

- Dementia care and calm reassurance
- Personal care that protects dignity and choice
- Hoists, standing aids and slide sheets
- Medication administration record (MAR) charts
- Electronic care planning systems

Additional information

Enhanced DBS certificate for work with adults, on the DBS Update Service. Full UK driving licence. Available for days, nights and weekends.