

# Health and social care essay sample

[Literature](#), [Russian Literature](#)



- I am reliable; hard working; motivated; an excellent time keeper and I love to learn new skills.
- I am self disciplined and have excellent time management skills. I strive to do my best in all that I do.
- I am very responsible and can work by myself on projects but I can also work and develop ideas working in a team environment.
- I am always willing to help anyone that needs it; I am easy to talk to as well being a good listener. My colleagues have always come to me for help or advice and I am always willing to listen and see what I can do to help.
- I am driven; focused and I am willing to put in the work to get where I want to be.
- I have a lot to offer any job role I pursue and will do the job to the very best of my ability.

### Skills Summary

- I am computer literate.
- I am a good listener.
- I also find it very easy to pick up the necessary skills.
- I am not afraid to ask questions.
- I have excellent written and verbal communications skills.
- I can pick up new skills quickly and adjust to changes within current skills sets easily.
- I have my driving licence.

Currently doing my NVQ level 3

### Career History

Care assistant, Rowley house, Rowley Avenue, Stafford, ST17 9AA Febuary 2006 – Currently still employed here.

I work alongside registered nurses / physiotherapists and other carers to assist patients/residents with a wide range of daily activities and needs

- Cleaning wounds.
- Recording and reporting all daily charts
- Assisting patients.
- Monitoring the patients BP, Pulse, oxygen level and sugar levels.
- Also to monitor pain levels & wellbeing.
- To also promote hygiene nutrition and mobility needs

Care assistant, Autumn House, Stone- 37 Stafford Road, Stone

Care Assistant- Feb 2002/ Feb 2006

I worked as a care assistant, caring for all the clients meeting their individual needs. My duties were the following:

- Helping them with washing and dressing
- Helping them with feeding
- Helping with any daily activities they want to do or need to do
- Assisting them with toileting
- Helping on days out

Shift Supervisor, The Post Of Stone- Stone

Bar Shift Supervisor – Sept 2000/ Feb 2002

- Serving customers.
- Signing and checking of stock.
- Stock Taking.

- Operate tills.
- Organise events.
- Cashing up.
- Replenish stock.

Nanny- Lucy & Richard Brace

Nanny- Sept 1999/Sept 2000

- Assisted the 2 children aged 5 and 3 washed and dressed.
- Cooked and served food at meal times.
- Took them for days out.
- Dropped off and picked up younger child to and from playschool
- Assisted the two children in their daily learning
- Report to the parents on what has happened in the day

Nursery Nurse Assistant -Hill Church House Private Day Nursery

Nursery Nurse – April 1996/ Sept 1999

- Ensure all childrens needs are met including physical, emotional, social, cultural and intellectual.
- Implement and evaluate activities for children.
- Keep records of childrens development
- Support any children with special needs
- Making sure paperwork and profiles are filled in
- Administer first aid and any prescribed medicines if required
- Be aware of child protection and food hygiene

About me –

I've worked in care for the last 10 years, but recently moved to Kent to be with my partner. I'm a happy outgoing person with a lot to give, as I show by giving 100% when at work. I've chosen to do a few different carers since leaving school but feel caring for others is my way forward. I'm keen to learn in all areas of the job as I think you can never know too much. I like a challenge something that keeps your brain ticking and makes my job enjoyable.