Megan Price

megan.price@email.com | 07700 900224 | Swansea

Care assistant with two years in residential and dementia care

PROFILE

Compassionate care assistant with two years' experience in a 40-bed residential home, including a specialist dementia unit. Provides dignified personal care, supports residents at mealtimes and activities, and records care accurately. Holds the Care Certificate and is working towards a Level 3 Diploma in Adult Care.

EXPERIENCE

Care Assistant, Oakfield Care Home

Swansea | Oct 2023 – Present

- Provide personal care, continence care and help with dressing for up to 8 residents per shift, respecting each person's dignity and preferences.
- Support residents living with dementia using calm, reassuring communication and life-story information from their care plans.
- Use hoists, slide sheets and standing aids safely after moving and handling training, always with a second carer where required.
- Record food and fluid intake, repositioning and wellbeing notes accurately on the home's electronic care system.
- Help run weekly activities such as music sessions and reminiscence groups, increasing attendance from the dementia unit.

Kitchen Assistant, Oakfield Care Home

Swansea | Jan 2023 – Sep 2023

- Prepared and served meals for 40 residents, following modified diet and allergy information for each person.
- Kept the kitchen to food hygiene standards and completed daily temperature records.
- Moved into a care role after shadowing the care team and completing the Care Certificate.

Sales Assistant, Harbour Street Bakery

Swansea | Jun 2021 – Dec 2022

- Served regular customers, many of them older, with patience and a friendly manner.
- Handled cash and card payments and balanced the till at close.

EDUCATION

Level 3 Diploma in Adult Care (in progress), Gower Training Centre

Swansea | Mar 2025 – Present

- Studying alongside work, with assessments completed on shift

GCSEs, Pentrehafod School

Swansea | 2016 – 2021

- 6 GCSEs at grades A*–C, including English and Maths

SKILLS

Personal and continence care, Dementia care, Moving and handling (hoists, slide sheets), Food and fluid monitoring, Electronic care records, Infection prevention and control, Activities and reminiscence, Welsh (conversational)

TRAINING AND CHECKS

- Care Certificate
- Dementia Awareness
- Moving and Handling

- Infection Prevention and Control
- Food Hygiene Level 2
- Enhanced DBS