Lisa Hughes

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Domiciliary carer with four years of home care visits and a full driving licence

PROFILE

Reliable domiciliary carer with four years' experience supporting older people and adults with disabilities in their own homes. Confident working alone, managing a busy rota of visits and following care plans for personal care, medication support and meal preparation. Holds a full UK driving licence and own car.

EXPERIENCE

Home Carer, Riverside Home Care

Wrexham | May 2021 – Present

- Complete 12 to 15 home visits a day across a rural area, arriving on time and staying for the full call.
- Provide personal care, help with meals and medication prompts in line with each person's care plan.
- Notice and report changes in health, such as reduced appetite or new confusion, to the office and families the same day.
- Record each visit on the agency's mobile app, including tasks completed and any concerns.
- Support people to stay independent at home, encouraging them to do what they can for themselves.

Volunteer Befriender, Wrexham Age Friendly Network

Wrexham | Jan 2020 – Apr 2021

- Visited 2 isolated older people every week for conversation and help with errands.
- Signposted them to local services, including transport and lunch clubs.

Retail Assistant, Market Square Pharmacy

Wrexham | Mar 2016 – Dec 2019

- Served customers and handled prescription collections confidentially.
- Kept stock tidy and rotated date-sensitive products.

EDUCATION

Level 2 Diploma in Health and Social Care (Adults), North Wales Care Academy

Wrexham | Sep 2021 – Jun 2022

SKILLS

Lone working, Personal care in the home, Medication prompting and support, Meal preparation, Time management across a visit rota, Mobile care recording apps, Observation and reporting, Full UK driving licence and own car

TRAINING AND CHECKS

- Care Certificate
- Medication Awareness
- Moving and Handling
- Safeguarding Adults
- First Aid
- Enhanced DBS