ONWU RITA NWANYIAKA

CARE GIVER | CARE ASSISTANT | ELDERLY CARE SUPPORT

PROFESSIONAL SUMMARY

Compassion, patience, and genuine human connection shape the way I approach caregiving. I bring hands on experience supporting older adults and individuals living with dementia and stroke related conditions, providing safe, respectful, and person centred care. My strengths include personal care, medication support, mobility assistance, meal preparation, health monitoring, emotional support, therapeutic activities, infection prevention, safeguarding, and dementia care. I communicate effectively with families and healthcare professionals, remain calm under pressure, and pay close attention to changing needs. My goal is simple: deliver dependable care that protects dignity, comfort, safety, and wellbeing.

WORK EXPERIENCE

HOME CARE ASSISTANT
Private Family Care | Abuja, Nigeria
September 2022 to Present

- Providing compassionate daily care and practical support for an elderly mother living with dementia and a brother recovering from stroke related illness.
- Assisting with activities of daily living, including bathing, grooming, dressing, toileting, personal hygiene, and general comfort.
- Supporting prescribed medication routines while observing changes in health, behaviour, mobility, and overall wellbeing.
- Preparing nutritious meals according to individual dietary needs while maintaining appropriate food hygiene and safety standards.
- Communicating observations with healthcare professionals and family members to support appropriate treatment, monitoring, and continuity of care.

VOLUNTEER EXPERIENCE

CARE & COMMUNITY VOLUNTEER
Christ Orphanage Home | Kuje, Abuja
Regular Volunteer Engagement

- Supporting vulnerable residents with daily living activities while promoting dignity, comfort, safety, and emotional wellbeing.
- Providing companionship and meaningful interaction to residents who benefit from regular social and emotional support.
- Working cooperatively with caregivers and other volunteers to maintain a supportive and respectful environment.

COMMUNITY OUTREACH VOLUNTEER

Real Estate Company Community Outreach | Abuja, Nigeria
Team Leader | Abuja Teaching Hospital, Gwagwalada
November 2021

- Leading a community outreach team in providing support to individuals within the hospital community.

CONTACT

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Open to relocation to Canada

SKILLS

HARD SKILLS

- Personal Care Assistance
- Dementia Care
- Medication Administration
- Activities of Daily Living Support
- Elderly Care & Gerontology
- Mobility & Manual Handling
- Infection Prevention & Control
- Nutritional Support & Meal Preparation

SOFT SKILLS

- Empathy & Compassion
- Effective Communication
- Patience & Active Listening
- Emotional Support
- Observation & Attention to Detail
- Team Collaboration
- Professionalism & Reliability

EDUCATION

Bachelor of Science in Secretarial Administration
Rivers State University of Science and Technology
2002 to 2006

National Diploma in Secretarial Administration
College of Business and Legal Studies
1997 to 1999

PROFESSIONAL CERTIFICATIONS

- **Caregiver Level 3** - La Plage Meta Verse, October 2023
- **Internship in Mental Health Care / Public Health Caregiver Level 3** - Whitedove Hospital, September 2023

- Coordinating volunteers and helping ensure activities were delivered in an organised and respectful manner.
- Supporting vulnerable individuals through practical assistance, communication, and compassionate engagement.

Volunteer Visit | Best Life Orphanage Home, Gwagwalada
February 2022

- Participating in a volunteer visit focused on supporting children and vulnerable residents.
- Contributing to a positive environment through companionship, practical assistance, and social interaction.

ADDITIONAL PROFESSIONAL EXPERIENCE

BUSINESS DEVELOPMENT MANAGER
Homelight Properties Limited | Abuja, Nigeria
August 2022 to September 2022

- Managing client relationships and supporting business development activities within a competitive property environment.
- Supporting business growth through relationship management, follow up, and professional client engagement.

ADMINISTRATIVE SECRETARY
Miromar Nigeria Limited | Rivers State, Nigeria
April 2016 to December 2016

- Coordinating administrative activities, correspondence, documentation, and routine office communication.
- Maintaining organised records and supporting efficient day to day office operations.
- Communicating with clients, colleagues, and external contacts in a professional manner.

SECRETARY
E & M Global Services Limited | Rivers State, Nigeria
March 2003 to December 2015

- Managing correspondence, documentation, records, and administrative support activities.
- Coordinating office communication and maintaining accurate organisational records.
- Supporting management with scheduling, information handling, and routine administrative responsibilities.

INDUSTRIAL TRAINING STUDENT
Adex Electro-Technologies Limited | Rivers State, Nigeria
January 2000 to December 2000

- Supporting routine administrative and organisational activities within the company.
- Assisting with documentation, communication, filing, and general office responsibilities.
- Developing foundational skills in workplace communication, organisation, and professional conduct.

- **Introduction to Social Media** - La Plage Meta Verse, September 2023
- **Executive Diploma** - La Plage Meta Verse, August 2023
- **Safeguarding Children** - La Plage Meta Verse, July 2023
- **Advanced Medication Management** - La Plage Meta Verse, July 2023
- **Advanced Infection Control and Prevention** - La Plage Meta Verse, July 2023
- **Advanced Elder Care and Gerontology** - La Plage Meta Verse, July 2023
- **Advanced Dementia Care Training** - La Plage Meta Verse, July 2023
- **Fundamentals of Food Hygiene and Safety** - La Plage Meta Verse, July 2023
- **Advanced Manual Handling Training** - La Plage Meta Verse, July 2023
- **Mental Health Awareness Level 2 (Medallist)** - La Plage Meta Verse, May 2023
- **Caregiver Level 2 (Medallist)** - La Plage Meta Verse, April 2023
- **Disaster Risk Reduction** - La Plage Meta Verse, April 2023
- **Train the Trainer** - La Plage Meta Verse, April 2023
- **Digital Communication & Team Management** - La Plage Meta Verse, March 2023
- **International Volunteering** - La Plage Meta Verse, March 2023
- **Introduction to Monitoring & Evaluation** - La Plage Meta Verse, March 2023

LANGUAGE(S)

- English (Fluent)

REFERENCES

Available Upon Request