

A DAY IN THE LIFE OF A

SENIOR HEALTH CARE ASSISTANT

Name: Carolyn Limmer
Job Title: Senior Health Care Assistant

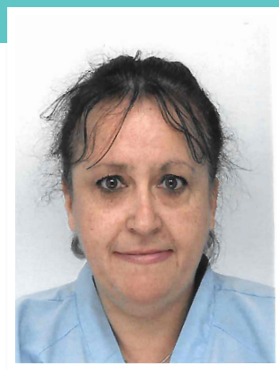
How long have you been working in the healthcare industry?

I've been working for MCL Resourcing for almost a year now but I've been working in the healthcare industry for 28 years. I enjoy the flexibility and variety that my role at MCL Resourcing provides, I get to choose when and where I work which I find very refreshing. I work at various care and residential homes in and around Southport. I like to work night shifts as I find they give me a better work/life balance looking after my children.

What is a typical working day like for you?

My role as a Senior Care Assistant involves making sure the residents are safe and well cared for. I always make sure I am approachable for residents so they know I can help them if they have any issues or concerns. It's all about making sure they are listened to and their needs are met. I find it is important to be patient and understanding to deliver the best possible care. For me, a typical day is hard to describe as my role varies for each placement. I can be responsible for anything from 5 - 60 people so obviously this has a huge impact on my role. Regardless

"I always make sure I am approachable"



"FLEXIBILITY, VARIED AND SOCIABLE"

of where I am working and the number of residents, efficient teamwork and conducting my work in a professional manner is vital. As I work night shifts, I am responsible for the wellbeing of the residents throughout the night, dealing with any incidents calmly and efficiently. If a resident needs immediate medical attention I decide the best course of action and then liaise with the manager on shift before acting on my decision. Following any incident, I will ensure all paperwork is completed so everyone is aware of any actions taken during the night.

What do you think are the main qualities needed to do your job successfully?

I think the most important qualities are to be caring, trustworthy, hard working, approachable and have a lot of empathy for the people you are taking care of.

What training have you undertaken since working for MCL Resourcing?

I had already achieved a Level 3 NVQ in health and social care along with certificates in management and team leading before starting at MCL Resourcing. Since working at MCL Resourcing I have completed several training courses and achieved certificates in medication as well as moving and handling and all core mandatory updates.

What do you enjoy most about your job?

I enjoy the variety of working in different healthcare establishments in the local area. This gives me great job satisfaction as no two days are ever the same and I am constantly meeting new people.

Please sum up your job using only three words

Flexibility, varied and sociable.