



# EFE ENADEGHE

North York, ON M9M2C3, 647-803-7163, efeenadeghe@gmail.com

## SKILLS

- HIGHLIGHTS OF QUALIFICATIONS
- Excellent advocacy skills.
- Intervention and referral;
- Crisis Management Group Facilitation Medication Administration
- Community Resource Coordination
- Advanced knowledge of
- Experience in techniques such as motivational interviewing; the stages of change and
- Experience in crisis situations
- Client Advocacy Housekeeping Needs Assessment
- Microsoft Word; Excel; PowerPoint
- Drug-set-setting models; active listening to provide non-judgmental support; crisis
- CORE SKILLS & PROFICIENCY
- Cooking/meal preparation Shopping/errands

## EXPERIENCE

Professional Cleaner January 2020 - Current  
Commercial and Residential Cleaning.

Developmental Service Worker January 2022 - Current  
Individual Family Support Care | Ontario, Canada

- Feeding, dressing, bathing, transferring, incontinence care, medication reminders, meal preparation, providing transportation, light housekeeping, companionship
- Facilitate and support person-centered planning and daily activity schedules
- Supporting individuals with Autism / Dual Diagnosis / Mental Health disorders
- Implementing communication and behavioral support plans
- Maintain a safe and clean client environment
- Perform routine housekeeping activities including bed making, doing dishes and sweeping
- Assist in preparing daily meals for clients
- Assist in running errands and grocery shopping
- Daily documentation of clients' activities and responsiveness
- Operate in compliance with the relevant policies and procedures providing assistance with personal care activities such as but not limited to bathing, dressing, transferring, walking, handling stairs, dressing, and grooming; assisting with bedside care as required; providing assistance with routine activities of daily living and supporting the safety of clients and self;

- Assisting with the use and monitoring of special aids (i.e., walkers, cranes, wheelchairs, lifts, crutches, etc)
- Communicate effectively with families to build interpersonal relationships with parents/ guardians/ family members of those we support
- Recognizes and reports changes in a client's behavior/ health conditions
- Provides informal counseling, as needed

Community Health Worker

December 2019 - November 2021

Develop The Youth Health Initiative | Nigeria

- Provided support to person(s) who have an intellectual disability to live, learn, work and participate in the community, in order to promote and encourage independence
- Used case management as a tool to support residents in meeting their goals;
- Facilitated peer education and information exchange programs
- Advocated on behalf of clients and informed clients of their rights and responsibilities
- Maintained and up to dated case notes, progress reports and client files on as scheduled
- Operate in compliance with the relevant policies and procedures

Addiction Rehabilitation Therapist

December 2018 - November 2019

- Project Enable for People with Disabilities and Addictions (Lagos Nigeria)
- Partnership with other professionals to collaborate on treatment methods for client counseling services or referrals to other treatment centers;
- Conducted research as needed to develop new treatment methods and to stay up-to-date on changes within the field;
- Maintained standards with all company policies and procedures as outlined in the company policies, including how to handle patient grievances, proper intake procedures, staff meeting requirements and general code of conduct;
- Assisted with general monitoring of in-house clients as needed based upon availability and staffing needs;
- Provided psychosocial assessments and therapies with individuals, families and groups using variety of Psychotherapeutic modalities;
- Developed and implemented de-escalation techniques to help patients manage their emotions and stressors.

Personal Care Aide

Carefirst Seniors and Community Services

## EDUCATION

Dip - Developmental Service Work

CLI College of Business, Health and Technology, Ontario, Canada

Dip - Personal Support Worker

CLI Collage of Business, Health and Technology , Canada, Ontario

## **ACCOMPLISHMENTS**

- First Aid and CPR/AED Level C (Canadian Red Cross)
- CPI Nonviolent Crisis Intervention Training (City of Toronto)
- Workplace Hazardous Materials Information System (WHMIS), Canada

## **INTEREST:**

- Supporting vulnerable populations to live happier and more productive life every day.