

HEKIMA ARMON

Contacts

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 Dar es salaam, Tanzania

About

Compassionate and dedicated Caregiver with 2 years of experience providing high-quality assistance to elderly and disabled individuals. Skilled in personal care, medication management, and companionship. Adept at handling emergency situations with calmness and professionalism. Passionate about improving clients' quality of life by offering physical, emotional, and social support.

Skills

- Personal Care Assistance
- Medication Administration
- Patient Monitoring
- Housekeeping & Meal Preparation
- First Aid and problem solving
- Compassionate Communication
- Mobility and safety



Experience

Compassion international (St. Petro Anglican church youth center)- Kigoma, Tanzania

Care giver | Sept 2023 – Dec 2024

- Assist child and youth with daily living activities, including bathing, dressing, and grooming.
- Provide companionship and emotional support to promote mental well-being.
- Administer prescribed medications and monitor health conditions.
- Assist with mobility and physical therapy exercises.
- Maintain a clean and safe environment for youth.

Education

Certificate of social care, 2025

Institute: Alison

Language

- **English** | Intermediate
- **Swahili** | Native

Additional information

- Open to relocation for international caregiving opportunities.

References

References available upon request