SUPPORT WORKER CV EXAMPLE

Use the structure, but replace every detail with your own accurate experience.

JOHN JOHNSON

SUPPORT WORKER

Bristol, UK | 07700 000000
john.johnson@email.com
Full UK driving licence

PROFESSIONAL PROFILE

Support worker with over five years of experience across supported-living and residential services, supporting adults with learning disabilities, autism, physical disabilities and mental health needs. Experienced in person-centred support, personal care, mobility assistance, positive behaviour support, accurate record keeping and communication with families and healthcare professionals.

CORE SKILLS

Person-centred support | Personal care | Safeguarding adults | Positive behaviour support | Mobility assistance | Accurate record keeping | De-escalation | Multi-disciplinary teamwork

EMPLOYMENT HISTORY

SUPPORT WORKER | HARBOUR PATH SUPPORTED LIVING, BRISTOL

December 2023-Present

- Provide person-centred support to five adults with learning disabilities and autism in supported-living homes.
- Support personal care, meal preparation, medication prompting, community access and independent-living goals.
- Adapt communication using visual schedules, short instructions and additional processing time.
- Use agreed positive behaviour support and de-escalation strategies when an individual becomes distressed.
- Complete accurate daily notes, incident reports and handovers, escalating changes in health or behaviour promptly.
- Work with families, social workers and healthcare professionals while maintaining confidentiality and professional boundaries.

PLANNED CAREER BREAK | June 2023-November 2023

Temporary family caring responsibilities; refreshed core training before returning to care.

THE GAP IS DATED AND EXPLAINED

EMPLOYMENT HISTORY CONTINUED

A second care setting adds relevant experience without repeating the same responsibilities.

CARE ASSISTANT | MEADOW VIEW RESIDENTIAL CARE, BATH

February 2021-May 2023

- Delivered personal care and emotional support to adults with physical disabilities and age-related needs.
- Assisted with safe transfers and mobility using approved equipment and individual handling plans.
- Supported hydration, nutrition and meaningful daily activities while promoting choice and independence.
- Completed clear handovers and escalated changes in health, presentation or behaviour.
- Maintained professional boundaries and followed safeguarding, infection-control and confidentiality procedures.
- Worked flexibly across day, evening and weekend shifts to support continuity of care.

REASON FOR LEAVING: Career progression into supported living.

QUALIFICATIONS + EDUCATION

Level 3 Diploma in Adult Care - 2024
Care Certificate - 2021
GCSE English and Mathematics

CORE / EMPLOYER-REQUIRED TRAINING

Safeguarding Adults
Moving and Handling
Basic Life Support
Medication Awareness
Learning Disability and Autism Training

ROLE-SPECIFIC / ADDITIONAL TRAINING

- Positive Behaviour Support
- Autism Awareness
- Mental Health Awareness
- Epilepsy Awareness
- Trauma-Informed Practice
- Makaton Introduction

ADD COMPLETION OR RENEWAL DATES

CERTIFICATIONS + COMPLIANCE

Enhanced DBS completed; registered with Update Service | **Right to work in the UK** | **Full UK driving licence** | **Care Certificate completed**

References: Professional references available on request.

CONFIDENTIALITY

Describe support and outcomes without naming people or including identifiable care-plan or health details.