

# Curriculum Vitae

## **Personal details**

### **Linda Boylan Mc Gahern**

Drumeagle,

Crosserlough,

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Dedicated and compassionate care professional with over 26 years of experience in community and social care, specialising in supporting individuals with special needs. Skilled in creating nurturing, safe, and inclusive environments for vulnerable individuals, with special needs. Certified in key areas such as food hygiene, patient handling, and protection of vulnerable adults. Enthusiastic and reliable, committed to personal development and continuous improvement in the care sector.

- **1988 - 1994: Junior and Leaving Certificates**  
Vocational School, Cootehill Road, Cavan.
- **1994 - 1996: BTEC National Diploma in Caring Services (Social Care)**  
Cavan College of Further Studies, Main Street, Cavan.
- **1996 - 1997: Fas Community Care Course**  
Practical training in community care, focusing on elderly and disabled support.
- **1997: Community Care Practice** City & Guilds.
- **2008: FETAC Level 5 in Special Needs Assisting** Acquired specialised skills in supporting children and adults with special needs in educational and social settings.
- **2023: Word Processing QQI Award**  
Further Education and Training Award. Developed advanced word processing skills, including formatting, document production, and effective use of word processing tools.

- **2023: Training Delivery and Evaluation (Train the Trainer) QQI Award**  
Focused on designing, delivering, and evaluating training programs. Gained skills in adult learning principles, training needs analysis, and creating engaging training sessions.
- **2023 - 2024: BA in Contemporary Disability Studies /Social Care**  
Open Training College  
In-depth study of disability services, policy, and practice, with a focus on enhancing quality of life and advocating for individuals with disabilities.

### **Professional Development & Certifications**

- **Food Hygiene**  
Ensures food safety and cleanliness in care settings, maintaining high standards of health and safety for individuals in care.
- **Basic Life Support (BLS)**  
Certified in CPR and emergency response, equipped to provide immediate and effective care in critical situations such as cardiac arrest or airway obstruction.
- **Manual Handling and Patient Lifting**  
Expertise in safe handling techniques to prevent injury to both healthcare staff and patients, ensuring compliance with health and safety regulations.
- **Protection of Vulnerable Adults (POVA)**  
Focuses on safeguarding policies, providing interventions and support to protect vulnerable individuals from harm or abuse in care environments.
- **P.M.A.V. (Prevention and Management of Aggression and Violence)**  
Trained to manage challenging behaviour, using de-escalation techniques to handle potentially aggressive or violent situations in a calm and safe manner.
- **Safe Lift and Clamping.** correct procedures in lifting and moving patients, minimizing risk to both the patient and the caregiver.
- **FEDS (Further Education Support Training)**  
Special training designed to improve skills and knowledge in the further education sector, ensuring effective support for diverse learners.
- **Epilepsy Training & Administration of Buccal Midazolam** Trained in managing epilepsy and the administration of buccal midazolam during seizures, ensuring safe and timely intervention in emergency situations.
- **Children's First**  
Comprehensive knowledge of national child protection guidelines, ensuring compliance with best practices in safeguarding children and reporting any concerns appropriately.

- **Report Writing**

Skilled in professional and concise report writing, particularly in healthcare and social care settings, documenting incidents, assessments, and care plans in compliance with legal and institutional standards.

### **Work Experience**

**1997 – Present** Employed by HSE Cavan/Monaghan Disability Services, working as a Health Care Assistant (HCA) across residential, day services and special care settings with adults with disabilities. My role involves a strong advocacy component, ensuring individuals rights and preferences are respected while facilitating their Intergration into the community. I actively follow New Directions which focuses on personal development and community engagement for individuals with disabilities.

In addition to these responsibilities, I provide hands on care in areas such as feeding, toileting and personal care particularly in special care settings where individuals require more intensive support.

I also assist with money management, helping individuals develop Skills and independence in handling their finances. I engage with individuals in educational programs designed to enhance their learning and life skills, fostering their overall growth and empowerment.

**2008-present** Substitute Special Needs Assistant (SNA) where I provide assistance and support to children with additional needs in classroom settings. Working closely with the teacher I assist them in reaching their educational goals by helping them engage with the curriculum and address their specific needs.

**May 2023-present** Home support assistant to a child with special needs, including complex needs and challenging behaviours. I assist the child with activities of daily living, provide personal care, administer medication and perform PEG feeding ensuring the child's health and wellbeing are fully managed.

**Sept 23- present** Tutor Ukrainian adults in English, helping them improve their language and supporting their integration into the community.

Additionally, I assist Ukrainian children in summer programs, focusing on language development and helping with homework afterschool during term time.

### **Interests and Hobbies**

I am a very sociable person. I enjoy interacting and socialising with friends. In my spare time I enjoy reading and baking. I also enjoy listening to music, swimming and walking.

### **Achievements**

- Medals and trophies for Irish dancing
- School prefect
- Vice-captain of the camogie club
- School bus prefect

### **Referees**

Olive Halton

Ballinagh

Cavan

Co Cavan

0879514933

Hazel Leahy

Project Coordinator

Cavan County Local Development

Co Cavan

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