



Helping Hands
The Home Care Specialists

Est. 1989

Tina Cox

Live-in Care Manager Staffordshire and Derbyshire

Meet Tina, your Live-in Care Manager for Staffordshire and Derbyshire

Hi, I'm Tina. I began my career in care when I was eighteen years old. Since then, I have continued working in the care sector for many years. I believe that each person is an individual who needs to be assisted at some point in their lives. I feel that a carer can make a difference to someone's life, no matter how great or small.

Experience

I've cared for many different people for twenty-eight years as a qualified Nurse. Over the years, I've continued to work in various settings, including NHS hospitals, private hospitals, private households, the community and prisons. During my long career, I've supported many people with very different health conditions and care requirements. She has supported people with dementia, anxiety, head injuries, renal failure, visual impairment, epilepsy, multiple sclerosis, cancer, depression and bipolar, amongst other conditions.

As a Registered Mental Health Nurse, I have worked within all areas of mental health, including extensive experience in bereavement counselling, depression, palliative care, addiction and drug induced psychosis. Alongside this, I'm confident with the physical aspects of care, including hoisting, catheter care and personal care. I see myself as a highly experienced healthcare professional who is knowledgeable about the physical and emotional aspects of various conditions, and I'm excited to be able to pass on this knowledge to the new live-in carers who join our team.



Personality

I would describe myself as a cheerful, easy-going, honest and trustworthy person. I'm always willing to help others and like to think I'm very easy to talk to. I really love spending time with my mother, husband and children, and never pass up an opportunity to have a family get-together.

I also enjoy spending time with the many animals I foster and care for. This gives me so much satisfaction, especially seeing them have happy endings and placing them into loving homes. In my spare time, I enjoy listening to music, reading many different types of books and walking outdoors.

Qualifications

- Registered Mental Health Nurse

