

CHARLOTTE HARRIS

Care Companion

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PROFESSIONAL SUMMARY

With a decade of experience as a Care Companion, I am dedicated to providing exceptional support to seniors and individuals with disabilities. My expertise lies in creating personalized care plans that enhance quality of life, while fostering a compassionate environment. I excel in building strong relationships with clients and families, ensuring their needs are met with dignity and respect.

WORK EXPERIENCE

Care Companion May / 2019- Ongoing
Pineapple Enterprises Santa Monica, CA

- 1. Provided comprehensive personal care, including assistance with bathing, dressing, and feeding clients.
- 2. Managed medication administration and ensured timely refills for clients.
- 3. Facilitated transportation to medical appointments and coordinated grocery shopping and meal preparation.
- 4. Maintained a clean and safe living environment through light housekeeping and organization.
- 5. Supported clients with mobility challenges, ensuring safe movement within their homes.
- 6. Engaged clients in meaningful conversations and activities to promote mental well-being.
- 7. Collaborated with healthcare professionals to adjust care plans based on client needs.

Care Companion May / 2015- May / 2019
Lakeside Apparel Co Chicago, IL

- 1. Provided companionship to enhance emotional well-being and reduce feelings of isolation.
- 2. Assisted clients with daily living activities, ensuring comfort and dignity.
- 3. Developed individualized care strategies to meet clients' unique needs.
- 4. Trained in CPR and first aid to respond effectively in emergencies.
- 5. Maintained accurate records of client progress and care activities.

EDUCATION

Associate Degree in Health Sciences May / 2012- May / 2015
City College Toronto, ON

Focused on foundational health care practices and patient support.

SKILLS



INTERESTS

- Home Brewing Wildlife Conservation
- Running Public Speaking

STRENGTHS



LANGUAGES



ACHIEVEMENTS

- Improved client satisfaction ratings by 30% through personalized care plans.
- Successfully managed medication schedules for over 10 clients, ensuring adherence and safety.