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### PROFESSIONAL SUMMARY

Dedicated Senior Personal Caregiver with over 7 years of experience providing compassionate support to clients. Skilled in assisting with daily activities, medication management, and fostering a nurturing environment. Committed to enhancing clients' independence and quality of life through personalized care and emotional support.

#### WORK EXPERIENCE

### Senior Personal Caregiver

Pineapple Enterprises

Mar / 2021-Ongoing

耳 Santa Monica, CA

- 1. Administer prescribed medications and monitor clients for adverse reactions, ensuring compliance with care plans.
- 2. Guide clients through prescribed exercises and assist with mobility aids to enhance physical well-being.
- 3. Perform various tasks as requested, including errands and household management, to support clients' daily needs.
- 4. Develop individualized care plans in collaboration with healthcare professionals to address specific client requirements.
- 5. Maintain accurate records of client progress and communicate effectively with family members and healthcare teams.
- 6. Support clients with personal hygiene, grooming, and dressing to promote dignity and comfort.
- 7. Facilitate social engagement activities to encourage mental and emotional well-being among clients.

## Personal Caregiver

mar / 2018-Mar / 2021

# Cactus Creek Solutions

- **耳** Phoenix, AZ
- 1. Assist clients with all activities of daily living, including bathing, dressing, and meal preparation.
- 2. Administer medications as prescribed and monitor clients for any health changes.
- 3. Act as a liaison between clients, families, and healthcare providers to ensure cohesive care.
- 4. Perform light housekeeping duties to maintain a safe and clean living environment.

### **EDUCATION**

### Associate of Applied Science in Nursing

Mar / 2015-Mar / 2018

### Springfield Community College

**耳** Denver, CO

Completed coursework in patient care, health assessment, and nursing fundamentals.

#### **SKILLS**

Patient Care Software

Compassionate Communication

Record Keeping

Transportation Assistance

**Elderly Care** 

### **INTERESTS**

🗸 Art

Volunteering

🜲 Hiking

Yoga

#### **STRENGTHS**

**Q** Criticality

**≡** Detail-oriented

Diplomacy

© Enthusiasm

#### LANGUAGES





English

Swahili

Spanish

#### **ACHIEVEMENTS**

Successfully improved clients' daily living skills, increasing independence by 30%.

Implemented a medication reminder system that reduced missed doses by 40%.