



Resume Example ~ Caregiver/Health Aide

Employment For Seniors, Inc.
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IN-HOME CAREGIVER

Dedicated to providing in-home care that enriches clients' lives and helps them maintain the highest possible level of independent living. Friendly, compassionate, and reliable with extensive experience assisting clients with their personal needs.

SUMMARY OF SKILLS AND EXPERIENCE

- Non-medical in home care
- Meal preparation and diet monitoring
- Assist with light housekeeping
- Medication reminder
- Companion and friendship for seniors and loved ones
- Transportation, shopping and errands
- Bathing, dressing and grooming
- Mobility, transferring and positioning assistance
- Effective communicator, good listener
- Positive attitude, dependable, and dedicated
- Reliable transportation
- Current driver's license

RELEVANT EXPERIENCE

Treswood Home Care, Houston, TX CAREGIVER

2013 to 2018

- Assisted clients in remaining comfortable and safe at home by offering extraordinary personal care, companionship and homemaking services.

Cared for Family Member, Houston, TX CAREGIVER

2007 to 2013

- Provided full-range of non-medical care to family member during extended period.
- Interacted with medical professionals and staff on a weekly basis, following instructions and making inquiries to ensure that all needs were identified and met.

TBI Family Restaurant, Baytown, TX KITCHEN STAFF/COOK

2002 to 2007

- Prepared food according to chef's instructions, providing high quality meals for customers.
- Washed pots, pans, serving utensils, etc. according to established procedure for manual and/or automatic dishwashing, maintaining all safety standards.
- Assisted in receiving, storing, and verifying invoices for incoming food and supplies, as directed by the supervisor, ensuring all food and supplies were properly tracked and available.

EDUCATION AND TRAINING

CPR/AED and First Aid Certified
San Philippe High School, Baytown, TX

2000 to Current
Graduate