



SALMA ARIF

Care Assistant

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behloolayaan@gmail.com

St Bajowro road., Ziarat
Talash
Timergara, Dir(lower) KPK,
Pakistan

EDUCATION

GRATUATED

Malakand University
2019

Hand & Machine Embroidery

NAVTTTC
2016

PTC

Allama Iqbal University
2009

SKILLS

- child Care
- Elderly Care
- Cleening
- ASSISTANT
- EMBROIDERY
- Nursing assistant

LANGUAGES

- ENGLISH
- URDU

REFERENCES:

Available upon request

OBJECTIVES

Compassionate and dedicated individual with a strong background in home care and elderly care, seeking a position in elder care or house care in the UK. With a graduate degree and extensive experience caring for both parents and grandparents over 14 years, I am well-equipped to provide exceptional support and companionship to those in need.

WORK EXPERIENCE

Elderly Caregiver and House Manager 2010 - 2023

- Provided loving and attentive care to both parents and grandparents for over 14 years, ensuring their comfort, safety, and well-being.
- Assisted with daily activities such as bathing, dressing, meal preparation, medication management, and mobility support.
- Created a warm and welcoming home environment, focusing on maintaining a clean and organized living space.
- Managed household finances, including budgeting, bill payments, and coordination of essential services.
- Scheduled and accompanied family members to medical appointments, advocating for their healthcare needs.
- Offered emotional support and companionship, fostering a sense of connection and happiness.

ADDITIONAL SKILLS

- Excellent communication and interpersonal skills, enabling effective interaction with individuals of all ages.
- Proficient in managing household tasks and organizing schedules to ensure a smooth and efficient daily routine.
- Compassionate and patient, with a genuine passion for providing care and companionship to the elderly.
- Strong problem-solving abilities and the ability to adapt to changing situations.
- First Aid and CPR certified.