## **Skills:**





**Work Experience:**

HOMEWATCH CAREGIVERS (March 2018 to Present)

*Caregiver/Personal Assistant*

* Help clients take prescribed medication
* Assist clients with ambulation and mobility around the house or outside (doctor’s appointments, walks etc.)
* Assist clients with personal care and hygiene
* Help clients with physical therapy exercises
* Plan and prepare meals with assistance from the clients (when they are able)
* Do the client’s shopping or accompany them when they shop
* Perform light housekeeping duties that clients can’t complete on their own
* Be a pleasant and supportive companion
* Report any unusual incidents
* Act quickly and responsibly in cases of emergency

Homecare choice (August 2016 to November 2017 )

*Caregiver / Personal Care*

* Bathing/ Grooming - Assisting with shower or bath, brushing teeth, washing hair and dressing.
* Transfers - Transferring from bed to walker, wheelchair or vehicle can involve the use of a gait belt, transfer board or mechanical lifts.
* Eating and feeding - Ensuring clients are consuming the appropriate diet in accordance with meal schedules is important for health and recovery.
* Repositioning or turning - Bed bound clients to reduce the likelihood of bed sores or other skin issues.
* Active range of motion support - Involves patient moving each joint through the full range of motion to maintain and increase muscle strength.
* Self administered medication prompts and reminders - In most cases non-medical caregivers are not permitted to administer medications or injections due to state licensing. But can remind patients of the need to take their medication.
* Assist with toileting - A critical task in the role of a caregiver is to assist patients with elimination as needed.
* Incontinence Management - Incontinence is very common among the elderly and can be a side effect of many different conditions. Managing incontinence by changing adult briefs can help the elderly age with dignity.

Norwichtown rehabilitation and convalescent (August 2015 to October 2017)

*Dietary Aide*

* Set up tables or other dining areas with attention to cleanliness and order
* Prepare meals under the supervision of a dietary manager or cook
* Deliver dishes and trays at designated times and rooms
* Take down dining areas and collect plates, glasses etc.
* Discard leftovers and take out garbage
* Clean food stations and wash dishes, cooking vessels and silverware
* Stock ingredients and monitor inventory
* Assist in keeping track of expenses and menu planning Travel to clients’ homes, arriving on time

Eastern Community Development Corp (ECDC**)** (November 2016 to March 2018)

*Residential Care Professional (direct care)*

* *Assess assigned resident’s physical and emotional stability by skimming through their histories*
* *Establish a plan of care by consulting with family and healthcare professionals*
* *Assist residents with daily tasks such as toileting, washing, dressing and grooming*
* *Ascertain that food is prepared according to resident’s diet requirements and health limitations*
* *Assist in feeding residents and encourage them to exercise lightly*
* *Set behavioral rules for residents to follow and ensure that they are followed properly*
* *Teach daily living skills such as shopping and budgeting and assist in claiming benefits*
* *Arrange for creative and leisure activities in a safe and supportive environment*
* *Accompany residents to doctor’s appointments and outdoor activities Help residents become independent of dependencies and deal with addictions*
* *If Provide physical and emotional support by talking them through difficult situations*
* *Assist in developing and sustaining positive social networks with peer groups*
* *Encourage development of individual interests by providing complete support*
* *Assess residents to ensure the efficacy of implemented plans*
* *Observe residents to ensure that their physical and mental wellbeing is intact and report any significant changes*
* Working with Mentally Disabled and with a first Aid CPR certified/PMT.

**Goshen Homecare & Companions** (July 2014 to June 2015)

PCA- Personal Care Assistant

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#### Provide basic domestic services e.g. meal prep, laundry, light housework

#### Provide companionship and engage in conversation with the clients

#### Run errands, either with or for the client, as needed

#### Assist with mobility issues, helping client get in and out of bed, wheelchair, etc.

#### Remind client to take medications and document them accordingly

#### Help with personal hygiene e.g. brushing teeth, toileting, bathing

#### Change bed linens regularly

#### Assist with all daily activities, based on client’s limitations and needs

#### Provide caring and positive presence for the client

#### Document/log client’s’ progress and overall well being for daily reports

**William W Backus Hospital** (December 2004 to October 2013)

ESD Aide 1

* Maintaining equipment,carts and closets daily
* *Clean and service patient rooms,lavatories,conference rooms, lounges, exam rooms, on- call rooms, clean and dirty utility rooms, showers dailly*
* *Trash removal,vacuuming carpets, dry mop and wet mop floors, high and low dusting of furnitures, walls edges and fixtures*
* *Refills all paper towel, toilet paper, seat cover and soap dispensers daily*
* *Cleaning, disinfecting of patient rooms,upon discharge, as well as, cycle cleaning of insolation rooms as per department and infection control standards*
* *Clean Operating rooms between cases, terminally clean OR rooms at the end of the day*

* *Uses properly labeled cleaning supplies for each job as instructed and by following the 10 steps*
* *Deposits Red Bags- infectious Waste, and sharp container in holding carts in cautious manner*

## Education:

Norwich Adult Education - GED -1999

Certifications/Licenses:

American Red Cross

Adult and Pediatric First Aid / CPR

December 2016 to Present