**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.

## **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.

### **NORWICHTOWN REHAB & 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

## **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*

**GOSHEN HOMECARE & COMPANIONS** (July 2014 to June 2015)

PCA- Personal Care Assistant

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

**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 daily. Trash removal,vacuuming carpets, dry mop and wet mop floors, high and low dusting of furnitures, walls edges and fixtures*

Certifications/Licenses:

American Red Cross

Adult and Pediatric First Aid / CPR

December 2016 to Present