

LORAIN S.TUPPIL

Compassionate caregiver with 13 years of experience of both geriatric and childcare. Strives to continually improve the patient's quality of life well-being by going above basic care to offer companionship and support.



EXPERIENCE

2020-Present PRIVATE CAREGIVER

- Performed light housekeeping duties, including the planning and preparation of nutritious meals and ensured pt. had clean room and bathroom with clean linens.
- Offered emotional support, companionship and conversation, including reading to pt. and reviewing family album.
- Observe pt. condition, measuring and recording food and liquid intake and output, vital signs and reported changes to pt. family and physicians.
- Transport pt. to locations outside the home, such as physician's office, pt. farm, pt. son's and daughter's residences.
- Assisted pt. with personal hygiene includes, bathing, nail trimmed, beard and mustache trimmed and color if needed.
- Administered medication to pt. 3x a day, ensuring proper instructions were followed, such as taking the medication with or without food.
- Help pt. with light exercise, such as walking around the house every morning and afternoon.
- Completed chart at the end of each shift detailing pt. daily cognitive and physical functioning.
- Shopping for pt. personal care such as, medicines, diapers, personal hygiene.

2017 – 2020 CAREGIVER UNIREM HOMECARE

2016 – 2019 (PART TIME) ADMIN HEAD

FILIPINO INSTITUTE DUBAI

2010 – 2017 CHILD CARE/NANNY

DUBAI, UAE

2007-2010 CHILD CARE/NANNY

AMMAN, JORDAN



CONTACT



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SKILLS

Safe Pt. Handling
Following Plan care
Time Management
Communication
Mobility Assistant
Meal Preparation



EDUCATION

High School Diploma
Cagayan National High School
2000 – 2004



CERTIFICATIONS

Nursing Assistant
Certified Caregiver