

Sandra Lewandowska

Professional Caregiver / Elderly Support

sandra.lewandowska@example.com

+48 609 555 321

Kraków, Poland



Professional Profile

Experienced caregiver with over 6 years of practice in Poland and Austria. Skilled in elderly companionship, dementia support, and daily living assistance. Reliable, empathetic, and focused on maintaining seniors' dignity and independence.

Work Experience

2020 – 2025 – Huber Family, Salzburg, Austria

Cared for an 81-year-old man with Parkinson's disease. Supported daily activities, mobility exercises, medication reminders, and household management.

2016 – 2020 – Private Client, Kraków, Poland

Provided daily care for an elderly woman (78) with limited mobility. Assisted with rehabilitation, personal hygiene, shopping, and companionship.

Education

2013 – 2015 – Certified Caregiver Program, Kraków

2010 – 2013 – High School, Kraków

Key Skills

- Elderly support and daily assistance
- Parkinson's and dementia care
- Rehabilitation and mobility support
- Household management and meal preparation
- Medication reminders
- First Aid & CPR certified

Languages

- Polish – Native
- German – B2
- English – B1