

Eliza Wiśniewska

Caregiver / Elderly Support Specialist

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Łódź, Poland



Professional Profile

Compassionate caregiver with 4 years of experience in Poland and Germany. Specialized in elderly support, post-surgery rehabilitation, and dementia care. Positive, responsible, and dedicated to improving the quality of life for seniors.

Work Experience

2021 – 2025 – Keller Family, Munich, Germany

Provided full-time care for an 80-year-old woman with dementia. Assisted with personal care, daily activities, meal planning, and medication reminders.

2019 – 2021 – Private Client, Łódź, Poland

Supported a senior man (77) after knee surgery. Assisted with rehabilitation, mobility support, and household tasks.

Education

2016 – 2018 – Caregiver Training Program, ■ód■

2013 – 2016 – High School, ■ód■

Key Skills

- Elderly care and daily support
- Post-surgery rehabilitation assistance
- Dementia and Alzheimer's care
- Meal preparation and household tasks
- Medication support
- First Aid certified

Languages

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