

**Maria Kowalska**

Certified Caregiver / Senior Support Specialist

maria.kowalska@example.com

+48 502 765 432

Gdańsk, Poland



## Professional Profile

Compassionate and skilled caregiver with 8 years of professional experience in Poland, Germany, and Austria. Experienced in dementia care, elderly assistance, and post-hospital recovery support. Highly organized, empathetic, and dedicated to maintaining seniors' dignity, safety, and comfort.

## Work Experience

**2022 – 2025** – Bauer Family, Hamburg, Germany

Cared for an elderly man (86) with Alzheimer's and diabetes. Provided personal assistance, prepared meals, monitored blood sugar levels, and offered companionship.

**2019 – 2022** – Lehner Family, Vienna, Austria

Assisted a senior woman (81) after surgery. Helped with rehabilitation exercises, medication management, and organized daily routines.

**2015 – 2019** – Private Clients, Gdańsk, Poland

Worked with multiple seniors requiring part-time care. Supported in mobility, hygiene, shopping, and emotional well-being.

## Education

**2012 – 2014** – Medical Caregiver Program, Gdańsk

**2009 – 2012** – High School, Gdańsk

## Key Skills

- Dementia and Alzheimer's care
- Post-surgery and rehabilitation support
- Nutrition and diabetic meal planning
- Medication administration
- Companionship and emotional support
- First Aid & CPR certified

## Languages

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