

**Julia Nowicka**

Elderly Caregiver / Personal Assistant

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Poznań, Poland



## Professional Profile

Dedicated and empathetic caregiver with 6 years of professional experience in Poland and Germany. Strong background in dementia support, elderly companionship, and daily care assistance. Organized, patient, and skilled in creating a safe and positive environment for seniors.

## Work Experience

**2021 – 2025** – Meyer Family, Berlin, Germany

Cared for an elderly woman (83) with dementia. Assisted with daily activities, medication reminders, meal preparation, and emotional support.

**2018 – 2021** – Private Client, Poznań, Poland

Provided assistance to an elderly man (78) with limited mobility. Helped with hygiene, rehabilitation, shopping, and companionship.

**2016 – 2018** – Local Care Agency, Poznań, Poland

Worked with several clients in need of daily care. Provided assistance with cooking, cleaning, personal care, and organizing daily routines.

## Education

**2013 – 2015** – Caregiver Certification Program, Poznań

**2010 – 2013** – High School, Poznań

## Key Skills

- Elderly companionship and assistance
- Dementia and Alzheimer's care
- Personal hygiene and mobility support
- Meal planning and household management
- Medication reminders
- First Aid certified

## Languages

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