

William Douglas

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Seasoned home health aide with 5+ years' experience providing dignified personal care to seniors in the Colorado Springs area. Polite and caring interpersonal style with extensive knowledge of dementia support strategies. Detailed understanding of nutrition and local holistic and social services.

Education

High School Diploma

JAMES IRWIN CHARTER HIGH SCHOOL, Colorado Springs, CO
June 2015

Key Skills

- Dignified personal care provision
- Dementia care
- Bedsore prevention and management
- Strong written and verbal communication skills
- Calming anxious patients
- Mobility support

Certifications

- Colorado Home Health Aide Certificate, August 2015

Professional Experience

Home Health Aide

Home Instead, Colorado Springs, CO | September 2018 - Present

- Support clients sensitively with activities of daily living, achieving a consistent satisfaction rating of 98%+ throughout employment
- * Leverage strong communication skills to update and reassure family members in-person and via phone and email
- Train five new hires to help them improve their intimate care skills in 2020
- Employ dementia support strategies to help improve quality of life and maintain their independence as far as possible

Home Health Aide

Brookdale Home Health, Colorado Springs, CO | September 2015 - September 2018

- Used pressure relief strategies to reduce bedsores in my clients by 65% over three years
- Prepared appetizing, nutritious meals to help maintain a healthy BMI in 87% of patients on my roster
- Observed safe lifting practices using hoists and other mechanical equipment to provide dignified personal care for clients with limited mobility
- Improved patients' quality of life and reduced loneliness by providing friendly companionship and supporting them to access community social opportunities