

RESUME

Name: Anisa Lestari

Nationality: Indonesian

Date of Birth: 15/06/1988

Age: 37

PROFILE SUMMARY

A patient and responsible caregiver with over 5 years of experience in providing dedicated care to the elderly. Skilled in assisting with daily living activities, monitoring health, and offering compassionate companionship. Proven ability to manage household duties efficiently and eager to work in a Singapore household.

CAREGIVING EXPERIENCE

Total Years Worked: 6.0 years

Country: Singapore

Years Worked: 2020 – 2024 (4.0 years)

- Cared for an elderly couple (80s) with mobility issues.
- Assisted with daily bathing, meal preparation, and medication reminders.
- Accompanied them to medical appointments and provided mobility support using a wheelchair.

Country: Indonesia

Years Worked: 2018 – 2020 (2.0 years)

- Provided care for a 75-year-old woman with mild dementia.

- Focused on ensuring her safety, preparing nutritious meals, and engaging her in simple activities.
 - Managed all household cleaning and marketing duties.
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HOUSEHOLD SKILLS

- **Willing to do general housework:** Yes
 - **Cleaning experience:** Experienced in cleaning apartments and houses, including dusting, vacuuming, and mopping.
 - **Laundry & ironing:** Yes
 - **Marketing / grocery shopping:** Yes
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COOKING SKILLS

- **Can cook:** Indonesian food, Simple Chinese food
 - **Examples of dishes:** Chicken Soto, Nasi Goreng, Steamed Fish, Stir-fried Vegetables
 - **Willing to follow employer recipes:** Yes
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LANGUAGES SPOKEN

- **Bahasa Indonesia:** Native
 - **English:** Good (able to understand and communicate for daily tasks)
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CERTIFICATIONS / TRAINING

- Informal hands-on caregiving experience
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PERSONAL ATTRIBUTES

- Patient
- Responsible

- Respectful
- Good hygiene
- Hardworking
- Able to follow instructions