

# RESUME

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**Name:** Su Myat

**Nationality:** Myanmar

**Date of Birth:** 05/08/1995

**Age:** 30

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## PROFILE SUMMARY

A dedicated and respectful caregiver with 3 years of experience in assisting elderly individuals. Focused on providing compassionate care and support with daily activities. Willing to learn and adapt to the needs of a Singaporean household.

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## CAREGIVING EXPERIENCE

**Total Years Worked:** 3.0 years

**Country:** Myanmar

**Years Worked:** 2021 – 2024 (3.0 years)

- Cared for an elderly man (70s) who required assistance with mobility and personal care.
  - Helped with bathing, dressing, and simple exercises.
  - Performed general housekeeping and cooking.
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## HOUSEHOLD SKILLS

- **Willing to do general housework:** Yes
- **Cleaning experience:** Experienced in keeping a home clean and tidy.
- **Laundry & ironing:** Yes

- **Marketing / grocery shopping:** Yes
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## COOKING SKILLS

- **Can cook:** Myanmar food, willing to learn new recipes.
  - **Examples of dishes:** Mohinga, Tea Leaf Salad, Shan Noodles
  - **Willing to follow employer recipes:** Yes
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## LANGUAGES SPOKEN

- **Burmese:** Native
  - **English:** Basic (can understand simple instructions)
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## CERTIFICATIONS / TRAINING

- Informal hands-on caregiving experience
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## PERSONAL ATTRIBUTES

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