

Raquelle Cadena

COTA/L

6650 Sutherland St
Abilene, TX, 79606
(217) 607-9668
raquelledschoolcraft@gmail.com

EXPERIENCE

Wisteria Place Rehabilitation, Abilene, TX, *Certified Occupational Therapy Assistant*

September 2024–October 2025

- Implement treatment plan by using therapeutic and self-care functional activities designed to improve daily living and function under the direction of OTR.
- Provide direct occupational therapy services in a skilled nursing setting.
- Educate patients and families on conditions, treatments, and home exercises
- Help improve fine motor, visual perception, and sensory processing skills
- Assist patients with completing basic daily living activities such as grooming, dressing and self-feeding.
- Contribute to meeting and case conferences to ensure coordinated and comprehensive care plans for patients.
- Document patient's daily progress in appropriate records.
- Instruct patients, families, and caregivers in skills and techniques of the patient's treatment program under supervision of OTR.
- Educate patients on adaptive equipment use, donning splints/orthotics, and proper positioning and ROM techniques

Silver Springs Health and Rehab, Abilene, TX, *Certified Occupational Therapy Assistant*

August 2021 – September 2025

- Implement treatment plan by using therapeutic and self-care functional activities designed to improve daily living and function under the direction of OTR.
- Provide direct occupational therapy services in a skilled nursing setting.
- Educate patients and families on conditions, treatments, and home exercises
- Help improve fine motor, visual perception, and sensory processing skills
- Assist patients with completing basic daily living activities such as grooming, dressing and self-feeding.
- Contribute to meeting and case conferences to ensure coordinated and comprehensive care plans for patients.
- Document patient's daily progress in appropriate records.
- Instruct patients, families, and caregivers in skills and techniques of the patient's treatment program under supervision of OTR.
- Educate patients on adaptive equipment use, donning splints/orthotics, and proper positioning and ROM techniques.

Professional Summary

Dedicated Certified Occupational Therapy Assistant with a compassionate approach to those struggling with life's basic activities

- Detail oriented, flexible, and creative in interpersonal relationships to help achieve patient's goals
- Particularly good at dealing with older adults with physical and psychological disabilities
- Devoted and enthusiastic team player committed to delivering quality care
- Driven to achieve exceptional patient outcomes as a key member of a multidisciplinary case-management team
- Excellent verbal and written skills, personable, and skilled nursing and pediatric background friendly
- Observant, empathetic, and patient
- Committed, loyal, and persistent
- Excellent teamwork skills.

Skills

- Excellent Verbal and written skills
- Committed, loyal, and persistent
- Excellent teamwork skills
- Skilled nursing and pediatric background
- Observant, empathetic, and patient
- Meticulously detail oriented

Pettigrew Rehabilitation and Healthcare Center, Durham, NC

Certified Occupational Therapy Assistant

October 2018 - August 2021

- Implement treatment plan by using therapeutic and self-care functional activities designed to improve daily living and function under the direction of OTR.
- Provide direct occupational therapy services in a skilled nursing setting.
- Educate patients and families on conditions, treatments, and home exercises
- Help improve fine motor, visual perception, and sensory processing skills
- Assist patients with completing basic daily living activities such as grooming, dressing and self-feeding.
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Fieldwork Experience

Circle of Friends Adult Day Care Center, Champaign, IL

January 2018 - May 2018

- Completed 20 hrs/wk hands-on tasks and treatment for geriatric clients with multiple diagnoses.
- Administered Allen Cognitive Level Screening Tool, physical abilities screenings, Montreal Cognitive Assessments, Mini-mental State Examinations, and ADL checklists.
- Led therapeutic groups for Allen levels 3-5 to promote and achieve increased gross/fine motor skills, bilateral coordination, strength and endurance, problem solving, sequencing, and socialization.
- Promoted opportunities for customers to participate in valued activities and occupations to strengthen relationship between therapist and client and to maintain/improve physical, emotional, spiritual and social well-being.
- Led inservice meetings and presentations on adaptive technology, journal articles and research to assist in professional growth.
- Assisted COTA in documentation notes to increase experience and competency in writing skills and client information.

Mahomet-Seymour School District, Mahomet, IL

August 2017 - December 2017

- Completed 20 hr/wk hands on tasks using sensory, proprioceptive, vestibular, and behavioral approach with various frames of reference
- Assisted OTR in documentation, writing evaluations, and treatment planning to assist in educational and professional growth
- Conducted 16 interventions/wk with students to develop rapport and maintain/improve areas of weakness

EDUCATION

Parkland College, Champaign, IL — *Associate of Applied Sciences*

August 2015 - May 2018

GPA: 3.8

Additional Courses: Anatomy and Physiology 1 & 2; Psychology; Introduction to Sociology; English Composition; Human Growth and Development

OTHER WORK HISTORY

The Waterford at Bridle Brook, Mahomet, IL — *Dietary Aide*

May 2016 - October 2018

- Seated residents, took their drink and meal orders and served them meals and desserts
- Assisted cooks in food preparation as needed
- Trained new employees

Parkland College, Champaign, IL — *Parkland College Student Ambassador*

August 2016 - December 2016

- Deliver informational campus tours to prospective students and their families
- Address questions and concerns to parents and potential students by participating in informational panels
- Train and mentor newly hired ambassadors by developing their presentation and public speaking skills