

# Caregiver

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## Summary

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Patient, dependable caregiver with six years supporting seniors and adults with disabilities in private homes and assisted living, skilled in personal care, companionship, dementia routines, and the steady judgment families count on when no one else is watching.

## Experience

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**Resident Caregiver, Sunrise Assisted Living Community** 2021 – Present  
*City, ST*

- Support a group of eight assisted-living residents with daily-living tasks, escorting to meals, activities, and appointments on a structured schedule.
- Build trusting one-on-one relationships that lowered resident agitation and earned repeated positive family feedback at care conferences.
- Assist with grooming, dressing, and discreet incontinence care while preserving each resident's dignity and independence.
- Lead small-group recreation and reminiscence activities that kept memory-care residents engaged each afternoon.
- Monitor residents for changes in mood, appetite, and mobility and report concerns to the wellness nurse promptly.
- Maintained a perfect on-time arrival record across two years, covering open shifts during community staffing gaps.

**In-Home Caregiver, Private Family Client** 2018 – 2021  
*City, ST*

- Cared for an elderly couple in their home, managing grocery shopping, cooking, and a shared medication-reminder schedule.
- Drove clients to medical and social appointments and relayed instructions accurately to adult children.
- Adapted daily routines as one client's mobility declined, arranging the home for safer movement and fewer falls.
- Provided respite so family caregivers could rest, communicating each day's events through a simple shared log.
- Encouraged hydration and balanced meals, gently coaxing appetite during a period of post-illness recovery.
- Organized bills, mail, and appointment calendars so the couple stayed on top of daily obligations.

## Education

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**High School Diploma** 2014 – 2018  
*City High School — City, ST*

## Certifications & Licenses

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CPR/First Aid

## Skills

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Daily-living assistance · Companionship · Meal planning and cooking · Medication reminders · Mobility support · Dementia routines · Transportation and errands · Observation and reporting · Respite support · Light housekeeping · Patience and emotional steadiness · Reliability