

# LENA PARKER

Senior Caregiver

(555) 555-5555

lenaparker@email.com

123 Main St., New York, NY 10012



## SUMMARY

Empathetic senior caregiver with experience providing personalized care to older adults in private homes. Skilled in assisting with daily living activities, managing a range of chronic conditions, and offering support to enhance quality of life.

References available upon request.

## EDUCATION

### Sacred Heart High School | New York, NY

Graduated: 2010

## SKILLS

- Personal care & hygiene assistance
- Meal planning & preparation
- Mobility support & transfer assistance
- Companionship & emotional support
- Communication & reporting
- Light housekeeping
- Family liaison & coordination

## CERTIFICATIONS

CPR & First Aid Certified

## RELATED EXPERIENCE

### Full-time Senior Caregiver

New York, NY | 2021 - 2024

- Provide hands-on personal care, including assistance with bathing, dressing, grooming, and toileting.
- Assist clients with mobility, including transferring from bed to wheelchair, and helping them walk and move around safely.
- Help with meal planning and preparation, ensuring nutritional needs are met and meals are tailored to the client's health requirements.
- Perform light housekeeping duties, such as cleaning, laundry, and organizing, to maintain a comfortable and safe living environment.
- Offer companionship and emotional support, as well as provide social interaction.
- Communicate regularly with family members to discuss care updates, concerns, and progress.
- Reason for leaving: Client is transitioning to nursing home.

### Personal Care Assistant

New York, NY | 2019 - 2021

- Helped with personal hygiene tasks, such as bathing, brushing teeth, dressing and grooming.
- Performed light housekeeping, such as laundry, cleaning and small fix-it projects.
- Ran errands..
- Helped prep meals, according to a gluten-free diet.
- Provided companionship and emotional support.
- Provided transportation.