



Sarah Anderson

PERSONAL CARE AIDE

(555) 123-4567

sarah.anderson@email.com

Austin, TX

SKILLS

Personal hygiene assistance	Expert
Mobility assistance	Expert
Meal preparation	Expert
Light housekeeping	Expert
Companionship	Expert
Medication reminders	Expert
Documentation and reporting	Expert
CPR and First Aid certified	Expert

LANGUAGES

- Fluent in Spanish, able to assist non-English speaking clients

PROFESSIONAL SUMMARY

Compassionate and dedicated Personal Care Aide with experience providing high-quality assistance to elderly and disabled individuals. Adept at supporting clients with daily activities, ensuring comfort, and maintaining a clean and safe environment.

EXPERIENCE

2021 - Now

Personal Care Aide

ElderCare Services / Austin, TX

- Provide daily personal care to elderly clients, including assistance with bathing, grooming, and dressing, ensuring dignity and comfort.
- Assist clients with mobility challenges, helping them safely move around and engage in physical activities.
- Prepare nutritious meals tailored to clients' dietary needs, ensuring proper nutrition and hydration.
- Maintain a clean and safe environment by performing light housekeeping duties and sanitizing living spaces to prevent hazards.

2019 - 2021

Personal Care Aide

Silver Oak Care / Austin, TX

- Assisted clients with daily living activities, including feeding, dressing, and personal hygiene, to ensure comfort and well-being.
- Provided companionship, offering emotional support and fostering meaningful relationships with patients.
- Maintained accurate records of care routines, including medication schedules, activities, and patient progress.
- Communicated with family members and healthcare professionals to report any significant changes in patient conditions.

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Volunteer Work

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Assisted in organizing local community health fairs and providing free health screenings for seniors.

EDUCATION

High School Diploma

Austin High School, TX

Graduated: June 2018