




Sarah Thompson

Respite Caregiver

CONTACT

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-  United States, Houston, TX

EDUCATION

Certified Nursing Assistant

Houston Community College,
Graduated: May 2016

Certifications

- CPR and First Aid Certified – American Red Cross, Valid through 2026
- Medication Administration Certification – Texas Department of Health, 2023

PROFESSIONAL SUMMARY

Compassionate and dedicated Respite Caregiver with experience providing temporary relief to primary caregivers and delivering high-quality support to individuals with diverse needs. Skilled in personal care, medication assistance, and emotional support, committed to improving clients' quality of life while ensuring their safety and comfort.

EXPERIENCE

Respite Caregiver

2019 - Now

HomeCare Solutions, Houston, TX

- Provide temporary relief care for primary caregivers by assisting clients with daily living activities, including hygiene, meal preparation, and mobility support.
- Administer medications as prescribed and monitor client health conditions, reporting any changes promptly.
- Develop positive relationships with clients and family members to create a trusting, supportive environment.
- Assist with transportation to appointments and social activities to encourage client engagement and well-being.

Caregiver

2016 - 2019

Compassionate Hearts, Houston, TX

- Assisted elderly clients with personal care routines, including dressing, grooming, and toileting.
- Supported clients with chronic illnesses and disabilities in maintaining independence at home.
- Collaborated with healthcare professionals to implement care plans and respond to emergencies.

★ SKILLS

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| Personal Care Assistance | ★★★★★ |
| Medication Management | ★★★★★ |
| Emotional Support and Companionship | ★★★★★ |
| Safety and Emergency Procedures | ★★★★★ |
| Communication and Interpersonal Skills | ★★★★★ |