

**Robert Porter**  
(789) 654-0123  
youremail@example.com  
1010 Backyard Street, Uptown, CA 99999

## Profile

Expert and compassionate caregiver with 8+ years of experience offering in-home assistance to seniors. Skilled cook and housekeeper with training focused on geriatric care and dietary requirements. Produce exceptional quality home-cooked meals that meet a variety of medical requirements and personal preferences, including low-glycemic, low-sodium and Kosher.

## Professional Experience

### **In-Home Personal Care Assistant, Home Health Services, Costa Mesa, CA** *May 2015 - Present*

- Cook meals for seniors using specific dietary requirements formulated by doctors
- Provide basic medical care to patients including assistance with catheters and medication management
- Act as a companion to bed-ridden seniors, playing games, talking and working to keep seniors engaged and aware

### **Nursing Home Attendant, Restful Nursing Home, Costa Mesa, CA** *October 2010-April 2015*

- Worked with patients to ensure safe transfers from bed to mobility devices and from seated to standing
- Followed patient care plans and created reports on any changes for inclusion in their records
- Assisted residents with completing physical therapy and other activities as directed

## Education

### **Certified Nursing Assistant, State of California, License #12345678** License issued: September 2010

### **High School Diploma, 3.81 GPA** *Senior High School, Costa Mesa, CA, August 2006-June 2010*

## Skills

- Budget adherence
- Calm and compassionate bedside manner
- Cooking and meal preparation skills
- Organized housekeeper
- Training in on-going geriatric care