

CATHERINE DAY

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Seasoned certified home health aide with 12+ years' experience providing sensitive and compassionate care. Extensive track record supporting palliative and bedbound patients and preventing pressure sores. Warm and friendly communication style with a talent for comforting and reassuring anxious clients and their loved ones.

PROFESSIONAL EXPERIENCE

HOME HEALTH AIDE

Yale New Haven Health System, New Haven, CT | May 2010 - Present

- Leverage time management skills to attend a roster of 25+ patients per week, arriving on time for 95% of scheduled support appointments
- Mentor up to 15 new hires per year and improve their knowledge of dignified toileting and bathing support strategies
- Follow detailed plans from case managers and therapists to assist with range of motion activities, improving mobility by an average of 26%
- Closely monitor patients' health status and report concerns to healthcare professionals, reducing serious health events by 65% in 2020

HOME HEALTH AIDE

First Light Home Care, New Haven, CT | July 2008 - May 2010

- Completed patient documentation with 100% accuracy throughout employment
- Performed light cleaning and clearing of patients' home environments and removed hazards, reducing trips and falls by 43% for my roster over 2 years
- Prepared healthy, tempting meals and snacks, following medical and cultural requirements, including Kosher and low-sugar diets
- Used personal protective equipment and scrupulously followed sanitation guidelines to manage infection risks

EDUCATION

HIGH SCHOOL DIPLOMA

Hillhouse High School, New Haven, CT | June 2008

KEY SKILLS

- Training and mentorship
- Ambulation, transfer, and assistive devices
- Nutrition
- Mobility exercises
- Dementia care

CERTIFICATIONS

- Connecticut Home Health Aide Certification, June 2008