

# JANE RATHER

Seasoned companion caregiver with seven consecutive years of in-home caregiving experience. Personable, patient professional who helps elderly and disabled residents fulfill their daily needs and benefit from social interaction. Extensive experience with elderly recovering from physical injuries.

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Greenwich, CT 12345  
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## PROFESSIONAL EXPERIENCE

### COMPANION CAREGIVER

Bright Light Home Health Care,  
Greenwich, CT

June 2017 – Present

- Provide companionship to clients to increase their overall sense of well-being
- Engage clients in conversation and gentle activities such as walks and puzzles
- Perform light housekeeping tasks such as dusting, vacuuming, and changing bedding
- Run errands for clients as needed
- Communicate with clients' families and care teams
- Report environmental issues to supervisor

### COMPANION CAREGIVER

White Oak Health Services,  
Stamford, CT

September 2014 – June 2017

- Maintained clean, safe, welcoming environments for clients
- Organized clients' medications for safe, easy access
- Prepared meals for clients and kept kitchen area clean
- Listened to clients' needs and preferences and provided companionship
- Accompanied clients to doctors' appointments and other appointments when necessary
- Followed care plan, safety regulations, and company protocols at all times

## EDUCATION

Prior coursework in anatomy, psychology, human development, and gerontology

## KEY SKILLS

- Compassionate and personable
- Scheduling and organization
- Housekeeping
- Meal preparation
- Skilled communicator
- Discreet and trustworthy
- Care plan adherence

## CERTIFICATIONS

- CPR certification, 2014 to present
- First aid certification, 2014 to present