

Rex Cesar Gumapit

Caregiver | Care Worker

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Career Summary

Kind-hearted Care Worker with 3 years of working experience in Care Home Facilities in Japan. A safety-minded individual with a vision of providing outstanding care to ensure the health and safety of elderly people. Arranged and facilitated activities that are designed to enhance different kinds of well-being, emotional, social, and physical. With an excellent work ethic, a friendly, patient, and compassionate person who enjoys communicating with elderly people.

Work History

Care Worker, *Aireikai Medical Corporation* [✉](#)

03/2020 – 04/2023

Ichinomiya City, Japan

- Administered bedside and provided personal care such as proper dressing care, changing nonsterile dressings, and oral care and assist clients with bathing and other aspects of personal hygiene with my full potential to make the clients feel comfortable.
- Helped clients with their ADLs (Activities of Daily Living) that are within the scope of practice for a Registered Health Care Aide.
- Assisted by transferring from wheelchair to bed and from bed to wheelchair to ensure the safety of a client who needs partial or full assistance.
- Provided companionship with clients to any appointments and social outings to settle down transactions.
- Assisted in regular exercise such as walking and even doing researched techniques like new exercise steps used in daily morning exercise to avoid boredom.
- Carried out the standard care procedures of adult incontinence garments to avoid skin rashes on the sensitive private parts of the elderly.
- Assisting the person with mental and physical disabilities and caring for clients with Alzheimer's and Dementia.
- Assisted clients with transfers, ambulation and exercises in a safe manner when required.
- Performed housekeeping chores that the client is unable to perform, including vacuuming, making beds, laundry, dusting, mopping, and cleaning the bathroom and the kitchen.
- Shopped for food and facility or house supplies whenever the supply runs out of stock.
- Responded and collaborated positively to the client's constructive criticism and attend to client requests promptly.
- Anticipated client needs and customize care to meet the client's needs.
- Feed or assist in feeding whoever needs full or partial assistance.
- Checking vital signs twice a day to ensure the health conditions of the elderly.

Clerk Attendant, *Angel's Crib Lying-in and Family Planning Clinic*

01/2018 – 08/2019

Tagum City, Philippines

- Encoded the information of Live Birth Certificates for the newborn babies, and other paper works and documents.
- Prepared the medical instruments in the delivery room.
- Monitored the vital signs of the mother and the infant every 4 hours.

- Sanitized the delivery room, bedrooms, lobby and toilets.
- Assisted with the patient's needs and prepared hot and cold meals.

Unemployed, *Taking good care of my Father-in-law who needs partial assistance.*

01/2015 – 06/2017
Tagum City, Philippines

Skills

- | | | |
|-----------------|----------------------------------|--------------------------------|
| • Personal care | • End-of-life care | • Elderly Care |
| • Stoma care | • Food preparation | • Housekeeping |
| • Punctuality | • Dementia care | • Client focus |
| • Dependability | • Efficient interpersonal skills | • Excellent oral communication |
| • Initiative | • Organized | • Team player |
| • Reliability | • Flexibility | • DNA Kindness |

Education

Caregiving Vocational Course, *Arriesgado College Foundation, Inc.*

07/2017 – 05/2018
Tagum City, Philippines

BS in Electrical Engineering, *University of Mindanao Tagum College*
Undergraduate, 4th-year level.

06/2001 – 04/2006
Tagum City, Philippines

Training Certificates and Award

IELTS Overall band score, 5.5

04/08/2023

- Listening 6.5, Reading 5.0, Writing 6.0, Speaking 5.0

Progress Award, *Aireikai Medical Corporation*

19/07/2021

- Achievement award was given by the company to the employee who has grown remarkably and becomes a role model to others in the field of duties and responsibilities.

Care Worker Certificate, *MCC Cooperative (Supervising Organization) Aireikai Medical Corporation (Implementing Organization) Japan*

18/01/2023

- Certificate of the Technical Intern Training Program Completion from 1/2020 to 1/2023.
Certificate of Completion for finishing the TITP Visa for 3 years.

Caregiving National Certificate II,

24/05/2018

Technical Education and Skills Development Authority (TESDA-Philippine Government)

- Completed the competency under the Philippine TVET Competency Assessment and Certification System. Renewed last May 22, 2023

Basic Life Support Training for Healthcare Providers,

11/06/2023

Philippine Red Cross, Davao Del Norte Chapter (Philippines)

- Certificate of Proficiency for passing the evaluation exam of Basic Life Support Training includes CPR and First Aid for Healthcare Providers conducted by the Philippines Red Cross.

References

Shyrla Yamashita, *Staff / International Business*, Aireikai Medical Corporation
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Elizabeth A. Abalos, *Proprietor*, Angel's Crib Lying-in and Family Planning Clinic
+63-912-888-8917

Personal Detail

Age: 40
Date of birth: November 21, 1982
Place of birth: Karomatan, Lanao Del Norte
Civil status: Married
Height: 163 cm
Weight: 130 lbs.
Religion: Roman Catholic
Nationality: Filipino
Driver's License No.: L06-06-002561
Languages spoken: Bisaya, Tagalog, English and Japanese