

JOAN BAEZ TINIO ALVARO

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Compassionate caregiver with 8+ years of experience providing for in-home patient needs. Have maintained consistent client review, received regular commendations for efficiency, for cooking delicious and nutritious meals.

SUMMARY OF QUALIFICATIONS:

- Maintains professionalism and self-control in difficult or stressful conditions.
- Successful at working flexible schedules and arriving punctually.
- Dedicated on providing comfort, safety and general supervision while learning their unique preference and personalities.

SKILLS:

- CPR and First Aid Certification
- Client focus
- Activities of daily living
- Progress documentation
- Community Integration
- Meal planning and preparation
- Lifting 160 pounds
- Medication administration
- Perform light housekeeping and cleaning duties

WORK HISTORY:

Live-in Caregiver// Mrs. Lourdes V. Domingo// April 2020 to February 2024

- Full time, live-in caregiver for a 95 years old female patient with Alzheimer's disease.
- Seeing to all her daily and healthcare needs.
- Providing emotional support and encouragement.
- Bathing, dressing and taking care of her personal hygiene.
- Meal preparation according to medical eating plan and feeding.
- Administering medication per schedule.
- Checking vital signs and reporting any fluctuations.
- Arranging and keepings doctor's appointments.
- Collecting prescription medication.
- Administering and pre- packaging daily medication.
- Cleaning and changing linens.
- Gentle massage to encourage healthy blood circulation.
- Actively engaging with her during the shift to ensure and assess mental alertness.
- Going on short daily walk during my shift in the garden to for stimulation.

Live-in Caregiver// Mrs. Caridad E. Tuazon// May 2017 to September 2019

- Full time caregiver for an elderly female patient with Alzheimer's and Chronic Kidney Disease.
- Seeing to all her daily and healthcare needs.
- Providing emotional support and encouragement.
- Bathing, dressing and taking care of her personal hygiene.
- Meal preparation according to medical eating plan and feeding.
- Administering medication per schedule.
- Checking vital signs and reporting any fluctuations.
- Arranging and keepings doctor's appointments.
- Collecting prescription medication.
- Administering and pre- packaging daily medication.
- Cleaning and changing linens.
- Repositioning every 2 hours during the shift to prevent bedsores.
- Gentle massage to encourage healthy blood circulation.
- Actively engaging with her during the shift to ensure and assess mental alertness.
- Provide range motion exercise.

EDUCATION:

Nueva Ecija Colleges, Philippines
Graduate of Bachelor of Science in Nursing
April 4, 2011