

MARIA. LOUWELLA C. SANCHEZ

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Contact No: **09682143741**

CAREER SUMMARY

Responsible and compassionate caregiver with 1 year volunteer worker and April 2024-present employed of experience caring for elderly individuals in a homecare setting. Passionate about providing senior care, including dementia/Alzheimer's care, diabetes management, Parkinson's disease care, first aid, as well as feeding, bathing, and perineal care. Highly organized in managing household tasks, with strong companionship skills, and committed to treating the elderly with dignity and respect. Trained and educated in caregiving techniques, I am eager to serve and care for my next client.

SKILLS AND QUALIFICATIONS

- 1 year volunteer worker and April 2024-present employed Experience: Caring for seniors and elderly individuals, focusing on their personal care, hygiene, and overall well-being.
- Certified Caregiver: Holds a National Certificate in Caregiving, ensuring quality elderly care.
- Specialized Training: Trained in Basic Life Support and First Aid by the Philippine Red Cross, ready to handle emergencies.
- Physically Fit: Capable of performing heavy lifting and repetitive tasks.
- Meal Preparation: Experienced in preparing and serving nutritious meals, including feeding assistance.
- Infection Control: Skilled in following and enforcing infection control procedures to maintain safety.
- Occupational Safety: Adheres to workplace health and safety standards.
- Team Player: Works well in a team and communicates effectively.⁸
- Childcare Experience: Provides care and support for infants and toddlers, encouraging their development.
- Special Needs Support: Experienced in caring for individuals with special needs, ensuring their comfort.
- Household Management: Proficient in cleaning, laundry, and meal preparation.
- Dedicated & Hardworking: Committed to following protocols and providing high-quality care, even in challenging situations.

WORK HISTORY

ELDERLY CAREGIVER, Saint Anthony De Padua Home Care Center, Marikina City, Philippines

1 year volunteer worker

April 2024 – Present Employed

- Efficiently cares for seniors with conditions like dementia, Alzheimer's, diabetes, Parkinson's disease, and bedridden cases.
- Provides daily bedside and personal care, including bathing, grooming, perineal care, and motor exercises.
- Monitors vital signs, prepares medications, checks blood sugar levels, and tracks input-output.
- Prepares nutritious meals and assists with feeding to support their health.
- Performs housekeeping duties and laundry with efficiency.
- Safely transfers clients between bed and wheelchair as needed.

- Offers companionship and personal care to ensure their well-being.

EDUCATION

High School Graduate 2004

NATIONAL CERTIFICATE IN CAREGIVING TECHNIQUES, TESDA NCII

Mother Theresa Institute of Technology, Marikina City, Philippines

April 2024: Graduate (with honor)

TRAININGS IN CAREGIVING

ELDERLY CAREGIVER (OJT), Saint Anthony De Padua Home Care Center, Marikina City, Philippines

March 06 – 24, 2024

CHILD CAREGIVER (OJT), Berean Crosspointe International (BCI), Marikina City, Philippines

February 6, 2024- March 5, 2024

BASIC LIFE SUPPORT | STANDARD FIRST AID

PHILIPPINE RED CROSS, Marikina City Chapter

February 2024

REFERENCES

1. Ryzza Chico
President, Saint Anthony de Padua Home care Center, Marikina City
09323545506
2. Evelyn Q. Ramos
Caregiving Instructor, Mother Theresa Institute of Technology, Marikina City, Philippines
Contact #: 09499021893
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3. Paulino M. Tumaneng
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