

**CINDY N. ALVAREZ**  
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## OBJECTIVE

An accomplished professional who is looking for a job that is related to **Nurse Aides and Patient Service Associates** that will contribute to my professional growth and the company's success. I also have experiences internationally aside from my home country.

## RELEVANT WORK EXPERIENCE

### Position Held: **Caregiver**

Company: Yadbeyad Agency | Kiryat Motzkin, Israel  
Period: July 2019 – November 6, 2024

### Key Duties and Responsibilities:

- Taking care of the patient (bathing, feeding, etc.)
- Maintaining medical charts and monitoring medication.
- Monitoring patients' health conditions.
- Assisting clients with personal care and hygiene.
- Help clients with physical therapy exercises.
- Acting quickly and responsibly in cases of emergency.
- Scheduling necessary appointments such as visits to the patient's doctor or family.
- Assisting clients with ambulation and mobility around the house or outside.
- Planning and preparing meals with assistance from the clients (when they are able).
- Performing light housekeeping duties that clients can't complete on their own.

### Position Held: **Nursing Assistant**

Company: Top Serve Agency | BGC Taguig, Philippines  
Period: August 2018 – October 2018

### Key Duties and Responsibilities:

- Transport patients by wheelchair or stretcher for treatment or surgery
- Carry messages, reports, requisitions and specimens between departments
- Make beds and maintain patients' rooms
- May transport patients between care facilities.

### Position Held: **Caregiver**

Company: Happy Nest Care Community  
Period: April 2018 – July 2018

### Key Duties and Responsibilities:

- Assisting clients with various tasks around the house.
- Helping clients take the correct medication prescribed by doctors.
- Assisting with grooming and personal hygiene.
- Offering assistance in dressing the clients.

- Preparing and planning meals and meal schedules.
- Helping with house cleaning duties.
- Reporting any unusual or suspicious occurrences and events.
- Acting quickly in case of an emergency.
- Providing mobility and ambulatory assistance around the household, as well as outside.

## SKILLS AND KEY COMPETENCE

- |                            |                                    |
|----------------------------|------------------------------------|
| • Willing to train.        | • Patience.                        |
| • Caring Personality.      | • Attentive and Observant.         |
| • Trustworthiness          | • Positive attitude.               |
| • Active Listening.        | • Have strong multitasking skills. |
| • Can work under pressure. | • Physical Strength and Stamina.   |
| • Responsibility.          | • Great Communication Skills.      |

## TRAININGS AND CERTIFICATIONS

**Room attendant On the Job Training**  
 My Dian Suites Hotel 1720 Dian St. Makati City  
 July 20, 2016 – August 20, 2016

**Power Institute of Hotel Administration Seminar**  
 Rm. 216 Merchant Bldg. Padre Faura, Manila Philippines  
 July 7 2016 – July 13, 2016

**Caregiving NC II**  
 VGB Center for Training and Development Corporation Quezon City  
 April 13, 2015 – October 23, 2015

## EDUCATIONAL BACKGROUND

**College:**  
**Practical Nursing (Diploma)**  
 St. Augustine School Quezon City  
 2013 – 2016

## CHARACTER REFERENCE

**Upon Request**