

MICHAEL ANDERSON

Holistic Activities of Daily Living Assistant

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Dedicated and experienced Activities of Daily Living Assistant with a focus on holistic care and wellness. Proven expertise in providing comprehensive support to clients across various demographics, including elderly and disabled individuals. Strong commitment to promoting physical, emotional, and mental well-being through tailored care plans. Exceptional interpersonal skills facilitate effective communication with clients and families, fostering trust and collaboration.

WORK EXPERIENCE

Holistic Activities of Daily Living Assistant | Wellness Care Agency

Jan 2022 – Present

- Delivered comprehensive care to clients, focusing on physical and emotional wellness.
- Implemented personalized wellness programs that promoted active lifestyles.
- Engaged clients in fitness and recreational activities to enhance overall health.
- Collaborated with healthcare professionals to create holistic care plans.
- Documented client progress and adapted care strategies accordingly.
- Participated in community wellness initiatives to promote healthy living.

Activities of Daily Living Assistant | Care Solutions

Jul 2019 – Dec 2021

- Supported clients in daily activities, enhancing their independence and quality of life.
- Assisted with personal care tasks, including hygiene and meal preparation.
- Encouraged participation in social and recreational activities.
- Maintained clear communication with clients and families regarding care needs.
- Conducted assessments to evaluate client progress and needs.
- Engaged in training programs to enhance caregiving skills and knowledge.

SKILLS

holistic care wellness programs communication creativity teamwork documentation

EDUCATION

Bachelor of Science in Health Promotion

2017

University of Health

ACHIEVEMENTS

- Increased client participation in wellness programs by 50% over one year.
- Recognized for innovative care strategies with the Caregiver Innovation Award in 2022.
- Successfully led a community health fair that educated families on wellness practices.

LANGUAGES

English Spanish French