

MICHAEL ANDERSON

Elderly Nutrition Caregiver

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Compassionate Elderly Nutrition Care Specialist dedicated to improving the nutritional well-being of seniors through personalized care and community engagement. Extensive experience in providing direct dietary support to elderly individuals, focusing on their unique preferences and health requirements. Adept at assessing nutritional needs and developing tailored meal plans that promote health and satisfaction.

WORK EXPERIENCE

Elderly Nutrition Caregiver | Compassionate Care Home

Jan 2022 – Present

- Provided one-on-one nutritional support to over 100 elderly clients.
- Assessed individual dietary needs and preferences through comprehensive evaluations.
- Developed personalized meal plans that addressed specific health concerns.
- Educated clients on the importance of nutrition and healthy eating habits.
- Organized group activities focused on cooking and nutrition education.
- Maintained records of dietary intake and health progress for all clients.

Nutrition Program Coordinator | Seniors' Health Network

Jul 2019 – Dec 2021

- Coordinated community nutrition programs aimed at improving dietary habits among seniors.
- Facilitated workshops and cooking classes to engage seniors in healthy eating.
- Collaborated with local health departments to promote nutrition resources.
- Conducted assessments to identify nutritional gaps within the community.
- Implemented feedback mechanisms to improve program effectiveness.
- Developed partnerships with local organizations to enhance service delivery.

SKILLS

Nutritional assessment

Meal planning

Community engagement

Client education

Program coordination

Health advocacy

EDUCATION

Bachelor of Science in Nutrition

2019

Community University

ACHIEVEMENTS

- Improved client dietary adherence by 30% through personalized meal planning.
- Organized successful community events that increased nutrition program participation by 40%.
- Received Community Service Award for outstanding contributions to senior health initiatives.

LANGUAGES

English

Spanish

French