



# Michael ANDERSON

## MENTAL HEALTH SUPPORT WORKER

Dedicated Mental Health Support Worker with a rich background in geriatric mental health care, bringing over 7 years of experience in assisting elderly clients with various mental health challenges. My approach emphasizes respect, dignity, and individualized care tailored to the unique needs of each client.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Geriatric Care
- Individualized Support
- Family Collaboration
- Cognitive Activities
- Documentation
- Team Participation

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF SCIENCE IN GERIATRIC CARE MANAGEMENT, SENIOR UNIVERSITY, 2014**

### ACHIEVEMENTS

- Increased resident satisfaction scores by 30% through the implementation of personalized activity programs.
- Received commendation from management for exemplary service and dedication to resident well-being.
- Successfully trained new staff on best practices in geriatric mental health care.

### WORK EXPERIENCE

#### MENTAL HEALTH SUPPORT WORKER

Elder Care Wellness Center

2020 - 2025

- Provided individualized support to elderly clients with mental health disorders, focusing on enhancing quality of life.
- Assisted in the development and implementation of personalized care plans in collaboration with families and healthcare providers.
- Conducted cognitive and emotional support activities tailored to the needs of clients with dementia.
- Educated families about mental health conditions and provided resources for care at home.
- Maintained meticulous documentation of client progress and changes in behavior.
- Participated in interdisciplinary team meetings to refine care strategies and ensure holistic support.

#### GERIATRIC CARE ASSISTANT

Golden Years Assisted Living

2015 - 2020

- Assisted residents with daily living activities while providing emotional support and companionship.
- Monitored changes in residents' mental health and reported concerns to nursing staff promptly.
- Engaged residents in recreational activities that promoted cognitive and emotional stimulation.
- Documented care provided and any significant changes in residents' well-being.
- Collaborated with families to ensure they were informed about their loved ones' needs and progress.
- Participated in training sessions to enhance skills in geriatric care and mental health support.