



MICHAEL ANDERSON

PERSONAL COMPANION SPECIALIST

CONTACT

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- San Francisco, CA

SKILLS

- Compassion
- Communication
- Adaptability
- Organization
- Critical thinking
- Patience

LANGUAGES

- English
- Spanish
- French

EDUCATION

ASSOCIATE DEGREE IN HEALTH SCIENCES, COMMUNITY COLLEGE, 2016

ACHIEVEMENTS

- Recognized for improving client engagement levels by 40% through innovative activity planning.
- Received commendation from families for exceptional personalized care.
- Led a workshop on effective communication techniques for caregivers.

PROFILE

Accomplished Personal Companion with a strong background in geriatric care, adept at enhancing the quality of life for elderly clients through tailored companionship and support services. Demonstrated ability to foster trust and rapport, ensuring clients feel secure and valued in their daily routines. Expertise in coordinating activities that stimulate mental and physical health, while also providing essential emotional support.

EXPERIENCE

PERSONAL COMPANION SPECIALIST

Golden Years Care

2016 - Present

- Conducted comprehensive assessments to create individualized care plans for clients.
- Facilitated engaging activities that promote cognitive function and social interaction.
- Provided companionship and emotional support to enhance client morale.
- Maintained open communication with families regarding client progress and needs.
- Monitored and documented client health changes, coordinating with healthcare professionals.
- Trained new staff on best practices in personal companionship and care.

GERIATRIC CARE AIDE

Senior Support Services

2014 - 2016

- Assisted clients with mobility and daily living tasks, ensuring safety and comfort.
- Engaged clients in physical exercise programs tailored to individual capabilities.
- Provided medication reminders and monitored adherence to health regimens.
- Facilitated transportation for medical appointments and social activities.
- Developed and maintained strong relationships with clients and their families.
- Ensured a clean and organized living space conducive to client well-being.