



Michael ANDERSON

SENIOR PERSONAL CARE ASSISTANT

Proficient Senior Personal Care Assistant with a specialized focus on mental health support for clients with cognitive impairments. Demonstrates a unique blend of empathy and clinical understanding, ensuring that clients receive dignified and respectful care tailored to their needs. Adept at employing therapeutic techniques to foster communication and behavioral improvement. Proven ability to work collaboratively with healthcare teams to implement care strategies that enhance quality of life for clients.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Mental health support
- Cognitive engagement
- Therapeutic communication
- Behavioral observation
- Team collaboration
- Documentation

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF ARTS IN PSYCHOLOGY,
STATE UNIVERSITY, 2014**

ACHIEVEMENTS

- Recognized for excellence in client care by the Mental Health Association in 2022.
- Increased client engagement in therapeutic activities by 50%.
- Developed a resource guide for families of clients with cognitive impairments.

WORK EXPERIENCE

SENIOR PERSONAL CARE ASSISTANT

Cognitive Care Services

2020 - 2025

- Provided specialized support to clients with Alzheimer's and dementia.
- Implemented cognitive stimulation activities to enhance mental engagement.
- Monitored behavioral changes and reported findings to healthcare professionals.
- Worked closely with families to develop personalized care strategies.
- Facilitated support groups for caregivers to share experiences and strategies.
- Maintained accurate documentation of client interactions and progress.

PERSONAL CARE ASSISTANT

Mindful Living

2015 - 2020

- Assisted clients in daily routines while promoting mental health awareness.
- Engaged clients in therapeutic activities tailored to their cognitive abilities.
- Worked collaboratively with therapists to implement care plans.
- Documented client behavior and emotional responses for treatment adjustments.
- Provided companionship and emotional support to enhance client quality of life.
- Participated in training programs focused on mental health care.