Marisol Quintero

Caregiver

Tucson, AZ · marisol.quintero@example.com · (520) 555-0127 · LinkedIn

SUMMARY

Caregiver with 5 years supporting older adults and clients with chronic conditions in private homes and through a licensed home care agency. Manages daily living support, medication reminders and fall-prevention routines for clients with mobility and memory needs, and built the daily log system two agency clients' families now rely on. Calm under pressure and comfortable coordinating with nurses and family members.

EXPERIENCE

Caregiver — Desert Bloom Home Care

Tucson, AZ · Jun 2022 – Present

- Provide daily living support for 3 rotating clients with dementia and mobility limitations, including bathing, dressing, meal prep and medication reminders.
- Set up a fall-prevention routine for a client with a history of 2 falls in 6 months, including clearing walkways and a nightly check-in; no falls recorded in the following year.
- Built a shared daily log tracking meals, mood, medication times and vitals, now used by 2 clients' families to stay informed between visits.
- Coordinated with home health nurses and physical therapists for 4 clients, flagging changes in appetite or alertness within the same day they were noticed.
- Trained 2 new agency caregivers on safe transfer techniques and the agency's documentation standards.

Private Caregiver — Self-Employed

Tucson, AZ · Mar 2019 – May 2022

- Cared for an 84-year-old client with early-stage Alzheimer's, managing a daily routine, light housekeeping and transportation to 2 weekly appointments.
- Noticed early signs of a UTI from a change in confusion level and alerted the family the same day, so treatment started within 24 hours, before the condition worsened.
- Prepared 3 meals a day following a renal diet plan set by the client's doctor, tracked daily in a shared log for the family.

SKILLS

Personal care: Bathing, dressing, grooming, toileting assistance, transfers, mobility support

Health support: Medication reminders, vital sign tracking, dementia care, fall prevention

Household: Meal prep (dietary restrictions), light housekeeping, transportation, appointment scheduling

Communication: Daily logging, family updates, coordination with nurses and therapists

CERTIFICATIONS

CPR and First Aid Certified, 2024

Certified Caregiver, Arizona Department of Health Services, 2019

EDUCATION

High School Diploma, Catalina Foothills High School, 2017

Fictional example by FindAJobAI: the person, employers and numbers are invented.