Ilse Bramante

Home Health Aide

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SUMMARY

Home health aide with 4 years of experience caring for elderly and post-surgical clients, certified through the Arizona Board of Nursing. Manages daily living support, medication reminders and mobility assistance for clients with dementia, diabetes and limited mobility. Known for calm communication with families and catching health changes early.

EXPERIENCE

Home Health Aide — Desert Bloom Home Care

Tucson, AZ · Mar 2023 – Present

- Provide daily living support for 5 rotating clients with dementia, diabetes or limited mobility, including bathing, dressing, meal prep and medication reminders.
- Noticed early signs of a UTI in a client with dementia, reported it to the family and visiting nurse within 2 hours, preventing a hospital visit.
- Assist 2 clients with physical therapy exercises prescribed after hip surgery, tracking progress notes shared weekly with their care team.
- Communicate daily with family members by phone and a shared care log app, keeping 5 families informed of any changes in condition or mood.

Private Duty Caregiver — Private Household (Client Family: the Whitfields)

Tucson, AZ · Jun 2021 – Feb 2023

- Cared for an elderly couple with mobility limitations, managing medication schedules for 6 prescriptions and preparing meals around a low-sodium diet.
- Assisted with transfers and ambulation using a walker and gait belt, reducing fall risk during a 20-month placement with zero falls.
- Coordinated appointments and transportation for 3 weekly medical visits, communicating updates to their adult children after each one.

SKILLS

Care: ADL assistance, medication reminders, mobility and transfer support, meal preparation

Conditions: Dementia and Alzheimer's care, diabetes management support, post-surgical recovery

Safety: Fall prevention, vital signs monitoring, emergency response

Communication: Family updates, care log documentation, coordinating with nurses and therapists

CERTIFICATIONS

Certified Home Health Aide (HHA), Arizona Board of Nursing, 2021

CPR and First Aid Certified, 2025

EDUCATION

High School Diploma, Catalina Foothills High School, 2019

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