

JESSICA ROBERTS

Home health aide



CONTACT



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LinkedIn

KEY SKILLS

- Client health monitoring
- Light housekeeping
- Meal preparation
- Medication management
- Personal hygiene assistance
- Physical therapy support

EDUCATION

Certified Nursing Assistant (CNA) |
ILLINOIS HEALTH INSTITUTE |
Chicago, IL

ABOUT ME

Compassionate home health aide with a focus on enhancing patient well-being

Dedicated home health aide with five years of experience providing personalized care to elderly and disabled clients. Expertise in assisting with ADLs, medication reminders, and mobility support to improve quality of life. Skilled at building strong patient relationships and tailoring care plans to meet individual needs.

PROFESSIONAL EXPERIENCE

Home health aide | January 2019 to present Caring Hands Agency, Chicago, IL

- Provide daily living assistance, including bathing, grooming, and mobility support, for eight clients, ensuring a safe and comfortable environment
- Manage medication schedules, reducing errors and improving adherence rates by 20%
- Coordinate with family members and health care professionals to create individualized care plans

Personal care assistant | March 2015 to December 2018 Self-employed, Chicago, IL

- Delivered 24/7 care to a senior client with Alzheimer's, ensuring emotional support and consistent supervision
- Supported physical therapy exercises, increasing client mobility by 15% over six months
- Prepared customized meals in line with dietary restrictions, improving nutritional intake and energy levels

CERTIFICATIONS

- CPR and First Aid Certified | Red Cross