

CONTACT

✉ rosa.espinoza@email.com

☎ (555) 017-6120

📍 Albuquerque, NM

TECHNICAL SKILLS

Bathing, dressing and toileting

Dementia care

Safe transfers with a gait belt

Medication reminders

Meal planning and cooking

Vital signs

Care notes in AlayaCare

Light housekeeping

SOFT SKILLS

Patience

Reliability

Calm with worried families

LANGUAGES

English

Native

Spanish

Fluent

Rosa Espinoza

In-Home Caregiver, Senior and Dementia Care

ABOUT ME

In-home caregiver with seven years of senior care, four with clients living with dementia, trained as a home health aide and certified in first aid and CPR. Works 36 hours a week across three clients with no missed visits in two years; clean driving record.

WORK EXPERIENCE

Caregiver, Home Care Aide

April 2021 - present

Sandia Hearth Home Care

- Give personal care, meals and medication reminders to 3 clients in their homes, 36 hours a week.
- Kept a fixed daily routine for a client with Alzheimer's; evening agitation went from daily to twice a week.
- Reported a client's new ankle swelling and breathlessness to the case nurse; treatment began the same day.
- Log every visit in AlayaCare; the agency's 2025 chart audits found no missing or late notes.

Private Caregiver

September 2019 - March 2021

Private household

- Cared for an 88-year-old client after hip surgery, 30 hours a week, from walker to cane in five months.
- Drove the client to 40 medical and therapy appointments and kept the family's shared medication list.

EDUCATION

Rio Grande Health Careers Center

January 2021 - March 2021

Home Health Aide Training Program, 75 hours including supervised practical training

CERTIFICATES & COURSES

Adult First Aid/CPR/AED

American Red Cross · Valid through May 2027

Dementia care training, 8 hours

Sandia Hearth Home Care · February 2022