



## Learn These 15 Elderly Caregiver Skills for Your Resume and Career

### Description

The following is a list of the most vital abilities for an aged carer. The top talents were rated based on the percentage of elderly caregiver resumes. Personal care, for example, was listed as a talent on 39.1% of resumes for elderly caregivers. Let's look at what talents an elderly caretaker requires to be successful in the workplace.



## 1. Personal Care

Personal care is used in the following ways on resumes for senior caregivers:

- Help with light housekeeping, meal preparation, bathing, and dressing grooming (personal care) (personal care), Shopping for groceries/transportation, for example
- Cleaning her house, cooking, running errands, driving her to appointments, and taking personal care of her was all part of her responsibilities.
- Clients were assisted with day-to-day personal care such as washing, dressing, toileting, and feeding services.
- Performed vitals, glucose tests, bedside administration, personal care, hygiene aid, and companionship.

- Personal care chores include basic hygiene and grooming, meal planning, and preparing and serving food.

## 2. Oral Care

Oral care is the practice of keeping the mouth clean and free of disease by brushing and cleaning between the teeth regularly. Oral hygiene must be practiced regularly to prevent foul breath and tooth disease. Here's how oral care is mentioned on resumes for senior caregivers:

- Visit clients' homes, bathing, oral care, cooking, cleaning, changing briefs, and documentation.
- One-on-one care, hygiene assistance, toileting, oral care, and medication administration were all provided.
- Assist patients with bathing, dressing, grocery shopping, eating, and oral care.
- I assisted the client with eating breakfast, oral care, and preparing for her school day.
- Assist residents with personal care tasks such as bathing, grooming, toileting, oral care, clothing, and so on.

## 3. Companionship

Companionship is the condition of making time for someone else or having someone with whom to socialize. Companionship is used in the following ways on resumes for senior caregivers:

- Assist the elderly with everyday routines and provide enjoyable companionship Housekeeping Run errands
- Assist them in gaining confidence by offering companionship and discussion so they can live everyday life.
- My elderly parent received transportation, support, and companionship.
- Provided senior clients with companionship and caring in-home care.
- Companionship was provided\*Meal preparation, medication reminders, and doctor appointments

## 4. CPR

Cardiopulmonary resuscitation, or CPR, is a medical treatment that includes compressing the patient's chest to assist them in breathing. This artificial ventilation aids in brain function and blood circulation throughout the body. CPR is a life-saving technique used in emergencies.

Here's how CPR is utilized on resumes for senior caregivers:

- Caregiver with extensive expertise and qualifications in HHA, CPR, and First Aid.
- Elder Care, Alzheimer's Care, HIPPA, and CPR certifications are available.
- Assisted residents with -Dressing/Undressing -Showers/Undressing -Toileting-Transferring-Feeding-Activities Assistant \* CPR/First Aid Certified
- CPR and Medication Pass certifications were obtained.
- CPR and drug administration certifications were obtained.

## 5. RUN Errands

Running errands refers to going on a short excursion to buy, collect, or deliver something for a specific person or reason. Run errands is used on resumes for senior caregivers in the following ways:

- Provide medications, make meals, conduct errands, clean, dust, and assist clients with feeding/changing clothes/using the restroom.
- Run errands, such as buying food, picking up prescriptions, and paying bills.
- Run errands, wash clients, prepare meals, and drive them to doctors' appointments.
- Transportation \* Light housework \* Medication assistance \* Errand running
- Run client errands such as supply/grocery shopping and medication pick-up.

## 6. In-Home

In-home care is the act of placing the chronically ill or a senior in their own house to limit their movement. Here's how in-home is utilized on resumes for senior caregivers:

- Provided in-home care for my grandma while she was recovering from a hospital stay.
- Interacted with medical experts during in-home visits.
- Provided for the short and long-term needs of in-home elderly patients in the patient's home or in-care institutions.
- Provided complete in-home care, including meal preparation, errand running, housekeeping, and hygiene.
- In-home care for the elderly, including ADL assistance, errand running, and financial assistance

## 7. Meal Prep

Meal preparation is the process of preparing healthful meals ahead of time for consumption. This approach is popular among working people who have little free time on their hands. Apart from saving time, meal planning offers several health benefits because it reinforces the concept of healthy eating and resists the temptation of fast food and takeout. Here's how meal preparation is used on resumes for elderly caregivers:

- Cleaning the house, meal planning and preparation, bathing, transportation, prescription planning and dispensing, shopping, and wound dressing are all examples of household tasks.
- Shower assistance, dental care, wound care, meal preparation, prescription reminders, transportation to doctor visits, and home cleaning.
- Meal preparation and light cooking, prescription reminders, changing patients' briefs, and accompanying them to the lavatory as needed
- Meal planning, meal preparation, grocery shopping, dishwashing, and clean up all contributed to meeting nutritional needs.
- Assisted an older man with meal preparation, cleaning, and other housekeeping jobs.

## 8. Medication Reminders

A medication reminder is any gadget that reminds patients or carers to take drugs. Pill reminders can

be simple gadgets with a built-in customizable timer that utilizes an alarm to remind you to take your prescription. They can be made with sophisticated technology that detects if the lid has been opened and provides sound and light alarms to assist deaf and hard of hearing users. Here's how medicine reminders are utilized on resumes for senior caregivers:

- Meal preparation and medicine reminders
- Apply creams and lotions\* Light housekeeping\* Shopping\* Medication reminders\* Bathing assistance\* Routine schedule assistance
- Monitored the client's overall health (medication reminders and following general care plan).
- Assist with daily living activities such as medication reminders, food preparation, and cleaning.
- Assist the client with bath prep and meal preparation.
- medicine reminders light housework

## 9. Dementia

Dementia is a type of cognitive illness that reduces mental capacity. Memory problems, increased disarray, impaired focus, and changes in character or behavior are all symptoms. Here's how dementia is used on elderly caregiver resumes:

- Trained in Dementia Care Techniques, covering what dementia is and the phases of dementia, related behaviors, essential communication, activities, and hospice/death.
- Compassionately cared for cognitively impaired patients, including but not limited to Alzheimer's and dementia patients.
- Collaborated with personnel to develop interventions for visitors who have dementia, geriatric depression, Alzheimer's disease, and other conditions.
- Live-in caregiver for a 91-year-old man and his younger wife, both of whom have dementia.

## 10. Daily Living Activities

Everyday Living Tasks, also known as Activities of Daily Living, are used in health care to refer to people's daily self-care activities. The idea is to be able to manage one's fundamental bodily needs on one's own, such as personal hygiene and grooming, eating, toileting, clothing, and transportation.

- This is required for social and self-sufficiency growth.
- Here's how everyday life activities are used on resumes for elderly caregivers.
- Managed and assisted with daily living activities for an elderly client with varying terminal ailments.
- Assist client with daily living activities such as cooking, cleaning, bathing and dressing.
- Assist client with daily living activities, support and care.
- Assisted senior client with daily living activities.
- Assisted in all daily living activities.

## 11. Patient Care

Patient care comprises the diagnosis, recovery, and control of illness, as well as the maintenance of physical and mental well-being through the utilization of the services of healthcare practitioners. Patient care is services offered to patients under the supervision of health practitioners or non-professionals.

Here's how patient care is used on resumes for senior caregivers:

- Evaluated patient care needs and recorded temperature, pulse, and blood pressure readings.
- Total patient care includes walking, dressing, transferring, and wound care.
- Perform essential patient care responsibilities daily and give emotional support.
- As a caregiver in a home-healthcare setting, I provided high-quality patient care.
- Maintain patient care and report any changes, conditions, progress, or difficulties to the supervisor.

## 12. Physical Therapy Services

Physical therapy is a post-surgery or post-accident rehabilitation type that tries to help patients move and usually function in their bodies. The therapy mainly focuses on physical treatment rather than medical and pharmaceutical methods for nursing-specific disabilities in people. Here's how physical therapy services are used on resumes for senior caregivers:

- Performed physical therapy treatments such as breathing stimulation and muscle exercises to boost residents' stamina.
- Answered phones, booked appointments, aided with physical therapy services, and gave medicine.
- Provided physical therapy services under the supervision of a physical therapist.

## 13. ADL

ADL is an abbreviation for "activities of daily living." Feeding, dressing, bathing, caring for oneself, and personal hygiene are all included. Here's how adl is utilized in resumes for senior caregivers:

- Assisting a 94-year-old client with ADLs following a stroke and internal fixation hip fracture repair (Privately employed caregiver 36 hours per week)
- Assist with bathing, personal hygiene, laundry, housecleaning, ADL, and changing bed linens daily....
- Care included clothing and aiding with daily activities (ADL)
- Assist the patient with ADLs and other household responsibilities.
- Assist an 87-year-old female ADL member.

## 14. Vital Signs

Vital signs are values that indicate the operation of various body systems. They are measurements of the most basic functioning of the organism. Body temperature, pulse rate, respiration rate, and blood pressure are the four vital medical indicators to examine a patient. Here's how vital indicators are used on resumes for senior caregivers:

- Monitored vital signs and talked with medical personnel and family members.
- Recorded and measured vital signs and medicines.
- Gained practical experience checking blood pressure, vital signs, temperature, and pulse.
- Checked vital signs, gave prescriptions daily, and took care of wounds.
- Take vital signs, feed, groom, and gather specimens for appointments.

## 15. Medical Appointments

A medical appointment is a set time and date for a person to be seen or treated by a doctor, nurse, or other licensed healthcare practitioner. The purpose of the medical appointment is for the doctor to detect health problems or illnesses at an early stage. Here's how doctor appointments are used on resumes for senior caregivers:

- Assisting with prescription administration, scheduling and transportation to medical appointments, and rehabilitation.
- Made arrangements for and accompanied my elderly mom to medical appointments.
- Managed all record-keeping, day-to-day errands, medical appointment scheduling, correspondence, and finances.
- Ordered drugs online, scheduled medical visits, and communicated with doctors and nurses as needed.
- Scheduled the client's medical appointments and ensured that he was transported to and from them.

### Category

1. Home Services

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