

[Alicia Richards]

Caregiver | Personal Care Attendant | Direct Support Professional

Montrose, Colorado

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PROFESSIONAL SUMMARY

Compassionate and dependable caregiver with 3 years of professional experience providing direct care to adults with developmental disabilities in a group-home setting. Experienced in hands-on personal care, mobility assistance, medication support, meal preparation, household responsibilities, and providing companionship and emotional support.

Comfortable working independently and providing respectful, patient care while helping individuals maintain as much independence and dignity as possible. Dedicated to creating a safe, clean, supportive, and comfortable environment for the people in my care.

PROFESSIONAL EXPERIENCE

Direct Support Professional / Caregiver

Community Options — Group Home

Approximately 3 years

Provided direct, hands-on care and daily support to adults with developmental disabilities.

Assisted with bathing, showering, dressing, grooming, and toileting.

Assisted with feeding and meal-related needs.

Prepared meals according to individual needs and routines.

Assisted with medication-related responsibilities as directed by the individual's care plan and employer.

Provided mobility assistance, transfers, positioning, and wheelchair assistance.

Helped individuals participate in daily activities and maintain their routines.

Provided companionship, encouragement, and emotional support.

Assisted with behavioral and emotional needs using patience and respectful communication.

Performed household duties including cleaning, laundry, and maintaining a safe and organized living environment.

Supported individuals in developing and maintaining independence with daily activities.

Worked both independently and as part of a caregiving team.

Maintained the privacy, dignity, safety, and personal preferences of individuals receiving care.

CORE CAREGIVING SKILLS

Personal Care

Bathing & showering

Dressing & grooming

Toileting

Feeding assistance

Personal hygiene

Mobility & Safety

Transfers

Wheelchair assistance

Positioning
Mobility support
Safety awareness
Daily Living
Meal preparation
Cleaning
Laundry
Daily routines
Medication assistance
Support
Companionship
Emotional support
Behavioral support
Encouraging independence
Patient, respectful communication

CAREGIVING APPROACH

I believe everyone deserves to be treated with dignity, patience, respect, and compassion. My goal as a caregiver is to provide dependable support while helping each individual feel safe, comfortable, heard, and as independent as possible.

AVAILABILITY

Position: Caregiver / Personal Care Attendant / Direct Support Professional

Location: Montrose, Colorado and surrounding areas

Schedule: [Full-time / Part-time / Flexible]

REFERENCES

Available upon request.