



# Chris Jackson

## Personal Care Aide

Personal Care Aide with six years of experience assisting elderly and disabled clients with daily living activities, mobility, hygiene, and nutritional support. Committed to improving clients' quality of life through compassionate and attentive care.

## CONTACT INFORMATION



(000) 000-0000



email@example.com



City, ST

## KEY SKILLS

- ADL Assistance
- Dementia Care
- Grooming and Dressing Support
- Light Housekeeping
- Safety Protocol Adherence
- Vital Signs Monitoring

## Professional Experience

### PERSONAL CARE AIDE | COMFORT AT HOME, CHARLOTTE, NC

AUGUST 2021 - PRESENT

- Assist seven clients weekly with bathing, grooming, medication reminders, and light housekeeping tasks
- Provide emotional support and companionship, contributing to increased client satisfaction scores
- Help clients follow prescribed exercises, resulting in improved mobility in three cases

### HOME HEALTH AIDE | BRIGHTCARE SERVICES, CHARLOTTE, NC

MARCH 2019 - JULY 2021

- Supported up to five elderly clients in daily care routines and transportation to medical appointments
- Monitored health conditions and reported changes to nursing supervisors for timely intervention
- Helped reduce client fall incidents through proactive safety measures

## Education

- Diploma  
Riverside High School, Charlotte, NC