






SOPHIA REED

Dedicated private home health aide focused on personalized patient care

A private home health aide with six years of experience providing one-on-one care for elderly and disabled clients. Skilled in managing medication schedules, assisting with ADLs, and supporting mobility exercises to improve overall health and well-being. Known for fostering trusting relationships and tailoring care plans to meet individual client needs.

CONTACT

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KEY SKILLS

- Client-centered care
- Health monitoring and reporting
- Light housekeeping
- Meal preparation
- Medication management
- Physical therapy assistance

EDUCATION

Certified Nursing Assistant (CNA) |
TEXAS HEALTH INSTITUTE | Houston,
TX

PROFESSIONAL EXPERIENCE

PRIVATE HOME HEALTH AIDE

SELF-EMPLOYED, HOUSTON, TX | APRIL 2017 TO PRESENT

- Provide personalized care for two long-term clients, including assistance with bathing, grooming, and meal preparation
- Develop and implement daily routines, ensuring clients' needs and preferences are met with consistency and respect
- Manage medication schedules and monitor health changes, reporting concerns to family members or physicians as needed

HOME CARE ASSISTANT

CARING TOUCH AGENCY, HOUSTON, TX | JANUARY 2014 TO MARCH 2017

- Assisted clients with personal hygiene, mobility, and light housekeeping tasks to maintain a clean and comfortable home environment
- Collaborated with families to create care plans that addressed both medical and emotional needs
- Delivered companionship and emotional support, enhancing client satisfaction and reducing feelings of isolation

CERTIFICATIONS

- CPR and First Aid Certified | Red Cross