


LAURA SIMMONS

Compassionate home health aide skilled in mobility assistance

Experienced home health aide with over five years of providing patient-centered care to seniors and individuals recovering from surgeries. Skilled in mobility support, daily living assistance, and rehabilitation coordination.

CONTACT

 (555) 456-7890

 laurasimmons@example.com

 Orlando, FL 32801

KEY SKILLS

- Mobility support
- Post-surgery care
- Rehabilitation assistance
- Health monitoring
- Safe transfer techniques

Professional Experience

HOME HEALTH AIDE
CAREFIRST AGENCY, ORLANDO, FL | JANUARY 2019 TO PRESENT

- Provided mobility and transfer assistance for six clients, including the use of assistive devices to prevent injuries
- Monitored vital signs and reported changes to supervising nurses, ensuring timely medical intervention
- Supported post-surgery recovery by coordinating therapy sessions and preparing balanced meals

PERSONAL CARE ASSISTANT
SENIOR INDEPENDENCE, ORLANDO, FL | MARCH 2016 TO DECEMBER 2018

- Assisted clients with personal hygiene, dressing, and light housekeeping tasks
- Improved clients' mobility by guiding exercise routines prescribed by physical therapists
- Documented clients' progress to share with families and healthcare providers

Education and Certifications

- Certified Home Health Aide (HHA) | Florida Training Institute
- CPR and First Aid Certified | Red Cross