



Sergei Ueda

Personal Care Assistant

Dedicated to client well-being with 2 years of experience monitoring vital signs for up to 9 clients daily, preparing physician-prescribed meals, and coordinating errand trips across multi-town service areas. Reduced weekly grocery costs from \$187 to \$153 per household by adjusting recipes for low-sodium and diabetic-friendly requirements.

CONTACT INFORMATION



(603) 555-0118



sergei.ueda@example.com



Laconia, NH 12345

KEY SKILLS

- ADL Assistance
- Vital Sign Monitoring
- Meal Planning and Preparation
- HIPAA Compliance
- Electronic Visit Documentation System
- Safe Lifting Equipment
- Health Monitoring Tools
- Personal Hygiene Care
- Errand Coordination
- Dietary Restriction Management

PROFESSIONAL EXPERIENCE

PERSONAL CARE ASSISTANT | WINNISQUAM VALLEY HOME CARE, LACONIA, NH

2025 – PRESENT

- Coordinate 7 client errand trips per week, covering pharmacy pickups, grocery shopping, and medical appointment transport across a 3-town service area.
- Prepare 11 balanced meals daily for 4 home-based clients, following physician-prescribed dietary plans and logging nutritional intake in the electronic visit documentation system.
- Monitor vital signs for 9 clients daily, including blood pressure, pulse, and temperature, and report readings outside baseline ranges to the supervising nurse within 30 minutes.
- Assist clients with ambulation, bathing, and personal hygiene during morning and evening routines, using safe lifting equipment for transfers weighing up to 210 lbs.
- Provide companionship and emotional support to 2 convalescent clients recovering from surgery, helping them adjust to modified daily routines over 6-week recovery periods.

HOME CARE AIDE | PAUGUS BAY SENIOR SERVICES, GILFORD, NH

2024 – 2025

- Prepared 6 meals daily for 3 elderly clients, adjusting recipes for low-sodium and diabetic-friendly requirements and reducing weekly grocery costs from \$187 to \$153 per household.
- Recorded vital signs for 7 clients daily using health monitoring tools and entered all readings into care logs on a smartphone within 15 minutes of each check.
- Planned weekly shopping lists and completed 4 errand trips per week, consolidating stops to cut total drive time by 35 minutes each week.

EDUCATION

- AS in Human Services, Lakes Region Community College, Laconia, NH | 2022 – 2024