



# SHARRYN BACUS ALPANTA

CAREGIVER



## Profile

I can utilize my skill, strong and exceptional customer service for professional growth and advancement of the goal of the institution. I am also continue helping others in need as I grow becoming a personal caregiver, and customer service.

## Employment History

### Private Caregiver, Petaling Jaya, Malaysia

MARCH 2022 – PRESENT

- Assisting / light Dementia
- Bathing and Grooming
- Giving meditation
- Preparing food for the patient

### Private Caregiver, Shah Alam, Malaysia

JUNE 2020 – JANUARY 2022

- Bedridden due to Old age / Mild stroke
- NGT Tube feeding
- Giving meditation
- Vital sign monitoring every 4 hours
- Assist daily personal care including bathing, grooming patient
- Positioning every 2 hours

### Private Caregiver, Bandar Utama, Malaysia

FEBRUARY 2020 – MARCH 2020

- Mobil Dementia Stage 4
- Provide meditation follow the schedule
- Feeding Oral food
- Bathing and Changing diaper
- Light physio
- Accompany daily activity
- Keep the place clean and safe

### Staff Homecare, Jasper Lodge Homecare, Petaling Jaya, Malaysia

APRIL 2020 – JUNE 2020

- Suctioning
- Bed bath
- NGT Tube feeding
- Pegtube feeding
- Bathing and giving personal hygiene to all patient
- Lifting from bed to wheelchair , toilet and dining table
- Accompany the patient daily activities and talk to them so that they feel being care and loved

### Private Caregiver, Bukit Maluri, Malaysia

OCTOBER 2019 – DECEMBER 2019

- Hip replacement
- Lifting from bed to wheelchair, toilet and dining table
- Light physio
- Giving meditation

## Details

Malaysia

NATIONALITY

Filipino

DATE / PLACE OF BIRTH

08/03/1990

Philippines

## Skills

Fast Learner

Adaptability

Computer Skills

Customer Service

Communication Skills

Highly responsible and reliable

Excellent Communication Skills

Compassionate

## Languages

English

Tagalog

## Hobbies

- Watching Youtube.
- Making cupcakes, baking a cake and cooking different dishes that i loved most and ended a day with productive and good result

- Preparing healthy meals
- Bathing

### **Private Caregiver, Ampang, Malaysia**

AUGUST 2019 – OCTOBER 2019

- Hip replacement
- Lifting
- Light physio
- Giving medication
- Bathing and changing diaper

### **Domestic Helper, Ampang, Malaysia**

OCTOBER 2017 – JUNE 2019

- Taking care of child
- Feeding
- Bathing and changes clothes and diaper
- Play with the baby
- Monitor the baby

### **Housekeeper / Semi Caregiver, Selayang, Malaysia**

MARCH 2014 – AUGUST 2017

- Assisting Old couple
- Preparing healthy foods for the patients
- Accompany their daily activities and monitor them
- Washing their clothes
- Cleaning the household to make sure keep safety for the patients
- Sweep the floors and mop

## **Education**

### **Certificate of Basic Nursing Home Care 1 (Childcare) , FIMA, Malaysia**

2019

### **Certificate of Basic Nursing Home 2 (Caregiver & Practicum) , FIMA, Malaysia**

2019

### **Certificate of Computer Secretarial Course, Philippine College Foundation , Philippine**

2009

## **References**

References available upon request