

Helena Cole

Minneapolis, MN

-Email me on Indeed: <http://www.indeed.com/r/Helena-Cole/bd5ab24a1e1a4b04>

Work Experience

PCA Personal Care Assistant

HopeCare PCA Inc - Brooklyn Center, MN

January 2011 to Present

Help client with showering/bathing, medication, preparing meal, feeding if needed, conducting routine housekeeping, maintaining the client personal hygiene and grooming.

CNA - Certified Nursing Assistant

First Choice In-Home Care - Brooklyn Park, MN

February 2009 to Present

Help client with showering/bathing, assisting with some medication, turning or moving clients, preparing meal, feeding if needed, conducting routine housekeeping, maintaining the client personal hygiene and grooming.

Education

12th

Liberia High School

Skills

- Home care
- Home health
- Senior Care
- Caregiving
- Meal Preparation
- Personal Assistant Experience

Certifications and Licenses

CPR Certification

First Aid Certification

CNA