

[Your Full Name]

Cell: [Your Number]

Email: [Your Email]

Location: [Suburb, City]

Availability: [Full-time / Part-time / Live-in / Night shift / Weekends]

Driver's licence: [Yes/No] | Own transport: [Yes/No]

PERSONAL STATEMENT

Compassionate caregiver with experience supporting [elderly / disabled / post-op] clients with daily living. Skilled in bathing and hygiene care, meal preparation and feeding support, mobility assistance and medication reminders. Known for patience, respect and reliable attendance. Comfortable with shifts and working in private homes or care facilities.

KEY CAREGIVING SKILLS

- Personal care: bathing, grooming, dressing, toileting and continence support
- Mobility assistance: transfers, wheelchair support, fall-prevention awareness
- Meals: preparation, feeding support, hydration reminders
- Medication reminders and basic record-keeping (within scope of training)
- Light housekeeping: linen changes, cleaning client area, laundry support
- Companionship: conversation, routine support, calm communication
- Respect for confidentiality and client dignity

CERTIFICATES & TRAINING

- Caregiving Certificate, [Provider/College], [Year]
- First Aid Level [1/2/3], [Provider], [Year]
- CPR / Basic Life Support, [Provider], [Year] (if applicable)
- [Dementia care / Home-based care / Infection control], [Provider], [Year] (optional)

CARE EXPERIENCE

Caregiver (Home care) — [Family name / Agency / Private client], [Area]

[Month Year] – [Month Year]

- Assisted with bathing, grooming, dressing and toileting, maintaining dignity and privacy.
- Prepared meals and supported feeding; monitored hydration and appetite changes.
- Supported mobility and transfers (bed/chair/wheelchair) and followed fall-prevention routine.
- Provided medication reminders according to schedule; reported concerns to family/supervisor.
- Kept client space clean and safe; changed linen and assisted with laundry as needed.

Volunteer carer — [Church / Community organisation], [Area]

[Month Year] – [Month Year]

- Provided companionship visits and basic support for elderly community members.
- Assisted with errands and light household support, following safety and respect guidelines.
- Reported concerns to coordinator/family when clients seemed unwell or distressed.

EDUCATION

- Highest school grade: [Grade 10/11/12], [School], [Year]
- Matric (NSC): [Completed/In progress], [Year] (if applicable)

LANGUAGES

- [isiXhosa / isiZulu / Afrikaans / English]: [Basic/Good/Fluent]
- [Other language]: [Basic/Good/Fluent]

REFERENCES

- [Referee Name] — [Relationship, e.g., Home-care client's daughter / Supervisor]
Cell: [Number] | Email: [Email]
- [Referee Name] — [Relationship, e.g., Volunteer coordinator / Pastor / Previous employer]
Cell: [Number] | Email: [Email]