

CAREGIVER / CARE ASSISTANT

FREE CV SAMPLE — INFOOMNI.COM

FULL NAME: Your Full Name

PHONE: +00 000 000 0000

EMAIL: yourname@email.com

LOCATION: City, Country

PROFESSIONAL SUMMARY

Caring and responsible caregiver with experience supporting older adults, children, or people who need daily assistance. Able to provide personal care, meal preparation, companionship, basic household support and safe supervision. Patient, trustworthy and willing to learn. Seeking a caregiver or care assistant position where I can use my skills and experience to provide safe and respectful care.

WORK EXPERIENCE

JOB TITLE / EMPLOYER: Caregiver / Care Assistant — [Employer Name]

LOCATION: [City, Country]

DATES: [Month Year] – [Month Year]

- Assisted with daily personal care and hygiene according to the person's needs.
- Prepared meals and supported safe eating and hydration.
- Provided companionship and respectful day-to-day support.
- Assisted with mobility, appointments and daily routines when required.
- Kept the living area clean, safe and organized.
- Reported important changes or concerns to the family or supervisor.

PREVIOUS EXPERIENCE

JOB TITLE / EMPLOYER: [Job Title — Employer]

LOCATION: [City, Country]

DATES: [Month Year] – [Month Year]

- Add 3–5 truthful duties that you actually performed.
- Mention the age group or care needs you supported, if relevant.
- Include responsibilities involving children, elderly persons or people with disabilities.

EDUCATION

QUALIFICATION: [Course / Diploma / Degree]

SCHOOL: [School Name]

YEAR: [Year]

TRAINING & CERTIFICATES

- [Caregiver / Caregiving Certificate]
- [First Aid / CPR Certificate, if applicable]
- [Other relevant training]

KEY SKILLS

- Personal care support • Meal preparation • Companionship
- Safe mobility assistance • Child/elderly care (if applicable)
- Basic housekeeping • Communication • Patience and reliability

LANGUAGES

LANGUAGES: [Language] — [Level]; [Language] — [Level]

REFERENCES

Available upon request. Only provide genuine references who have agreed to be contacted.

IMPORTANT: Replace every bracketed item with your real information. Do not add false experience, certificates or references.