Monique Harris

CARE PARTNER

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Summary

Care partner with 3 years in assisted living, memory care and home care for older adults. Gives personal care and help with activities of daily living to 10 to 12 residents a shift, with a focus on dementia care, fall prevention, meal preparation for special diets and patience with every resident.

Skills

- **Dementia Care**
- **Personal Care**
- **Activities of Daily Living**
- **Medication Reminders**
- **Meal Preparation**
- **Fall Prevention**
- **Safe Transfers**
- **Excel**
- **Patience**
- **Confidentiality**

Experience

Care Partner 03/2025 - Present

Sharon Oaks Senior Living Charlotte, NC

Assisted living and memory care community with 110 residents.

- Support **10** to 12 memory care residents a shift with bathing, dressing, toileting and meals.
- Lead 2 daily small-group activities, such as music and chair exercise, for residents with dementia.
- Record meals, fluids, sleep and behavior notes on the care tablet before the end of every shift.
- Handle resident transfers with gait belts and sit-to-stand lifts, part of 8 fall-free months on the unit.

Home Care Aide 06/2023 - 02/2025

Queen City Home Care Charlotte, NC

Private-duty home care agency serving older adults.

- Provided personal care and medication reminders for 4 home clients across 30 hours a week.
- Prepared low-sodium and diabetic meals and kept kitchens, bathrooms and walkways clean and safe.
- Drove clients to 12+ doctor's appointments a month and walked with them for daily exercise.
- Tracked visit hours and supply orders in Excel, sharing a weekly update with each family.

Education

High School Diploma 06/2021

East Mecklenburg High School Charlotte, NC

Certificates

Nurse Aide I 05/2023

North Carolina Nurse Aide I Registry

CPR and First Aid 04/2026

American Red Cross