Linda Kowalski

In-Home Caregiver

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SKILLS

- Caregiving
- Meal Preparation
- Light Housekeeping
- Companionship
- Dementia Care
- Medication Management
- Fall Prevention
- Transportation
- Patience
- Reliability

EDUCATION

Associate of Applied Science
05/2004
Milwaukee Area Technical College
Milwaukee, WI
Business Management

CERTIFICATES

Dementia Care Specialist Training
11/2024
Wisconsin Department of Health Services

Heartsaver First Aid CPR AED
08/2024
American Heart Association

SUMMARY

In-Home Caregiver with 2 years of agency caregiving experience and 2 more years caring for a parent with Alzheimer's disease. Plans meal preparation around diabetic and soft diets, keeps homes clean with light housekeeping and offers steady companionship. Works independently on long shifts and drives clients to appointments in a reliable car.

EXPERIENCE

In-Home Caregiver
08/2024 - Present

Lakeshore Senior Home Care — Milwaukee, WI

Private-pay home care agency serving about 90 seniors in Milwaukee County.

- Support **3** long-term clients on 8- to 12-hour shifts, including 2 clients living with dementia.
- Plan meals for diabetic and soft diets and track weekly weights, holding one client's weight steady for 10 months.
- Apply dementia care techniques such as redirection and a fixed daily routine, which cut evening agitation calls by half.
- Drive clients to 6 to 8 medical appointments a month and share visit notes with family members the same day.

Family Caregiver
05/2022 - 07/2024

Private Family — West Allis, WI

Full-time care for a parent with Alzheimer's disease until a memory care move.

- Managed 7 daily medications with a locked pill organizer and a log shared with the primary care doctor.
- Arranged fall prevention changes, including grab bars and night lights, so there were no falls in 2 years.
- Handled bathing, dressing and toileting as the disease progressed to full assistance with every activity.
- Coordinated a schedule with 2 siblings and a respite program so care was covered 7 days a week.