



JOVY LEA FERNANDEZ

PROFILE

Caring, patient and responsible Elderly Caregiver with more than 7 years of experience caring for elderly clients, including clients with dementia and medical care needs. Experienced in providing personal care, feeding, medication support, NGT feeding, wound care, mobility assistance and companionship. Able to assist elderly clients with daily activities while maintaining their dignity, comfort and safety. Experienced in accompanying clients to medical appointments, monitoring their condition and communicating with family members and healthcare professionals. Currently taking a Caregiving Course to further improve caregiving knowledge and skills.

EXPERIENCE

Elderly Caregiver

Seng Yok Chan

April 2026 – August 2026

- Provided daily care and companionship to an elderly client.
- Reminded and assisted the client to take prescribed medication on time.
- Monitored blood pressure and body temperature.
- Observed the client's condition and reported changes or concerns to family members and healthcare professionals.
- Accompanied the client to hospital appointments and medical check-ups.
- Prepared nutritious meals according to the client's dietary needs and preferences.
- Assisted with daily activities and ensured the client was comfortable and safe.
- Maintained a clean, safe and comfortable home environment.

Elderly Caregiver

Kong Nyet Yin/Husband with Dementia - Tampines

March 2024 – April 2026

- Cared for elderly clients, including a client living with dementia.
- Assisted with feeding through a nasogastric tube (NGT) according to the prescribed care plan.
- Assisted with bathing, grooming, dressing, toileting and other daily activities.
- Assisted with prescribed medication and maintained accurate medication records.
- Supported physical therapy exercises as instructed by healthcare professionals.
- Provided companionship and engaged the client in conversations and activities.
- Helped stimulate memory and mental activity through appropriate interaction and activities.
- Monitored the client's condition and reported important changes to family members and healthcare professionals.
- Provided wound care, including cleaning and changing dressings as instructed.
- Assisted with mobility and ensured the client was safe when moving around.
- Responded calmly and appropriately during emergencies.
- Maintained a clean, organised and safe environment for the elderly clients.

Elderly Caregiver

Neo Lay Beng - Choa Chu Kang Central

January 2019 – March 2024

- Provided long-term care and companionship to an elderly client with dementia.
- Assisted with bathing, grooming, dressing, feeding and other daily activities.
- Supported the client's mobility and encouraged independence wherever possible.
- Provided emotional support, patience and companionship.
- Engaged the client in simple activities and conversations to encourage mental stimulation.
- Administered prescribed medication according to the care plan.
- Monitored the client's physical and emotional condition and reported changes to family members.
- Communicated with family members and healthcare professionals regarding the client's care.
- Assisted with maintaining a clean, safe and comfortable home environment.
- Responded appropriately to emergencies and situations requiring immediate attention.

CAREGIVING SKILLS

- Elderly Care
- Dementia Care
- Personal Care
- Bathing & Grooming
- Feeding Assistance
- NGT Feeding
- Medication Support
- Blood Pressure Monitoring
- Temperature Monitoring
- Wound Care & Dressing
- Mobility Assistance
- Physical Therapy Support
- Toileting Assistance
- Cognitive Engagement
- Companionship
- Meal Preparation
- Hospital Appointment Assistance
- Mobile Hoist Operation
- Emergency Response

EDUCATION

2026 | Present

Caregiving Course
EDUSPHERE COLLEGE -
Singapore

2008

Secondary Diploma
SEVENTH-DAY ADVENTIST
SCHOOL - Philippines

PERSONAL STRENGTHS

- Caring and compassionate
- Patient with elderly clients
- Responsible and trustworthy
- Gentle and respectful
- Hardworking and willing to learn
- Able to work independently
- Good communication with family members
- Experienced in caring for elderly clients with dementia
- Adaptable to different elderly care needs

REFERENCES

Available upon request.