



MAYDELYN SAJOR

Domestic Helper

SUMMARY

Reliable and experienced Household Helper, Nanny, and Caregiver with nearly 10 years of experience in housekeeping, childcare, elderly care, cooking, meal planning, laundry, and household management. Experienced in caring for children and elderly individuals, including clients with dementia and Parkinson's disease. Responsible, patient, trustworthy and hardworking with strong attention to cleanliness, safety and individual needs of each family member. Able to work independently, manage daily household routines, and provide compassionate and dependable support for families.

EDUCATION

High School Graduate

St. Louise de Marillac School of Miagao
2001-2005

Bachelor of Science in Tourism

Central Philippine University
2005-2009

Home Academy Singapore

Cooking Course
2017-2018

SKILLS

- Housekeeping and Home Management
- Childcare and Supervision
- Elderly Care and Companionship
- Dementia and Parkinson's Care
- Safe and Comfortable Home Environment
- Time Management and Organization
- Good Communication Skills
- Adaptable and Responsible
- Multitasking and Handling Daily Household Task
- Meal Planning and Preparation
- Ability to follow instructions
- Safe and Comfortable Home Environment
- Patient, Caring and Trustworthy

LANGUAGE

- English
- Tagalog

EXPERIENCE

Household Helper/Nanny| Sng Lng Hong, SINGAPORE

2015 - 2019

- Supervised and care for children aged 10 and 12, including preparing nutritious meals.
- Coordinate school drop-offs and pick-ups by car or public transport.
- Maintain household cleanliness, laundry, ironing, and organisation.
- Manage grocery shopping, market trips, and daily household errands.
- Handle car washing and maintain basic garden care.

Household Helper/Nanny| Safrina Chong, SINGAPORE

2019 - 2021

- Provided attentive and nurturing care for girls aged 2 and 6.
- Assisted children with bathing, dressing, personal hygiene, and daily routines.
- Prepared nutritious meals and ensured children took their prescribed vitamins.
- Woke up the children, prepare them for school and escorted them to and from school.
- Supervise children during playtime and engage them in age appropriate activities
- Maintain a safe clean and organised home environment.
- Managed household cleaning and kept living areas, hygienic and well organised.
- Purchased groceries and household supplies according to the families needs
- Handled laundry, including washing, drying, folding and ironing clothes

Household helper/Caregiver| Denise Chew, SINGAPORE

2023 - Present

- Provide compassionate, attentive and reliable care for elderly family members
- Accompanying and assist the elderly with medical appointments and daily activities
- Manage and provide medications according to prescribed instructions
- Plan and prepare healthy, nutritious, and well-balanced meals based on dietary needs
- Cook and bake a variety of home style meals and snacks
- Maintain a clean, organised, and comfortable household
- Handle laundry, washing, ironing, and general household duties efficiently
- Wash and maintain the family vehicle
- Monitor the elderly's daily needs, comfort, safety, and overall well being
- Demonstrate patience, trustworthiness, initiative, and strong attention to detail

REFERENCES

Denise Chew
Employer

Andrew Ho Boon Teck
Director/General Manager
UNITY EMPLOYMENT SERVICES