

EDNA CALPITO MALLARI

Domestic Helper & Caregiver *10+ Years of International Household & Caregiving Experience (Hong Kong & Saudi Arabia)*

Executive Summary

Dedicated and highly experienced Domestic Helper and Caregiver with over 10 years of international experience across Hong Kong and Saudi Arabia. Skilled in specialized elderly care (including bedridden patient assistance), childcare, nutritious meal preparation, and comprehensive household management. Proven track record of contract completion, strong adaptability, and compassionate service.

Key Skills & Competencies

- **Specialized Caregiving:** Bedridden patient support, elderly mobility & routine assistance, hygiene management, childcare.
- **Household Management:** Comprehensive home cleaning, sanitization, laundry, ironing, wardrobe organization.
- **Culinary & Marketing:** Daily meal planning, elderly-specific dietary preparation, fresh market grocery shopping.
- **Professional Attributes:** High dependability, cross-cultural communication, contract completion history, patience, and integrity.

Work Experience

Domestic Helper & Caregiver | Hong Kong **Employer:** Mrs. Zheng Zhuo Kun | **Duration:** 2022 – 2026 **Household Setup:** 2 Adults, 2 Teenagers (Ages 15 and 18)

- Handled full household duties, including regular cleaning, laundry, ironing, and general organization.
- Provided continuous daily care and domestic support for two teenagers.
- Managed fresh ingredient marketing, daily meal planning, and home cooking for the household.

Domestic Helper & Caregiver | Hong Kong **Employer:** Mrs. Wong Ka Wing | **Duration:** 2017 – 2021 **Household Setup:** Elderly couple (73-year-old bedridden husband and 68-year-old wife)

- Provided primary specialized care and assistance for a 73-year-old bedridden patient, including mobility support and personal hygiene.
- Planned and prepared healthy, nutrition-focused meals tailored to elderly health requirements.
- Managed all house cleaning, market shopping, laundry, and ironing duties independently.

- **Reason for Leaving:** Returned home to the Philippines during the pandemic due to family bereavement.

Domestic Helper & Caregiver | Riyadh, Saudi Arabia **Duration:** 2014 – 2016 **Household Setup:** 3 Adults (72-year-old mother and two adult daughters aged 48 and 33)

- Assisted in elderly care and daily routine support for a 72-year-old mother.
- Executed all core domestic tasks, including house cleaning, cooking, laundry, and ironing.
- Successfully fulfilled and completed full 2-year overseas contract obligations.

Personal Details

Profile Field	Information
Date of Birth	March 6, 1977
Age	49 years old
Gender	Female
Civil Status	Widow
Height	4'11"
Dependents	3 Children

Professional References

- **Mrs. Zheng Zhuo Kun** – Current Employer (Hong Kong)