



MA. MITZEL OLIVEROS SEHOB

Zone 2, Tablon, Cagayan de Oro City
Philippines 9000

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Mobile no. +639758475416 (Philippines)

I.OBJECTIVE: To contribute my acquired skills in caregiving and as a Physical Therapy.

II. SUMARY OF QUALIFICATIONS:

As a caregiver to an infant from birth to 1 year old & 2 months child

- a. Take care of their basic needs including dressing, feeding & supervising play & nap times.
- b. Preparing organizing mealtimes and snacks with nutritional food.
- c. Providing responsible care and safety.
- d. Assisting the child in the bathroom or diapering task.

My duties to a 59 years old woman who is suffering medical problems (eg. Arthritis palpation and gastritis)

- a. Assisting her personal care such as bathing, toileting and preparing her foods.
- b. Helping basic activities in daily living (including) holding things, getting out of chair, walking around.
- c. Giving medicine on time.
- d. Fixing a diet plan.

As a Physical Therapy Assistant

- a. Monitoring vital signs.
- b. Being able to work with Pt. to improve their movement including hand-on therapy, strengthening & stretching exercises, electrical stimulation & ice/heat application.

I am a reliable, observant respectful and patient person.

III. SPECIFIC WORK EXPERIENCE:

1. A volunteer Physical Therapy Assistant at Borja Family Hospital in 2002-2003
2. A private caregiver
 - to an infant from birth to 1 year old & 2 months
 - a 59 year old woman suffering medical problems

IV. EDUCATIONAL BACKGROUND:

1. Graduated in Elementary- 1988
2. Graduated in High School- 1992

Vocational Course:

-Massage Therapist at Alternative Learning System (ALS) – Dec. 5, 2012

-Caregiving at Uha Caregiver Academy Dec.2021- June 2022

2. Graduated in College Bohol Institute of Technology

- Bachelor of Science in Physical Therapy

- March 22, 2002

Personal Information

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Birthday: November 5, 1976

Gender: Female

Civil Status: Married

Nationality: Filipino

Religion: Roman Catholic

Skills: Excellent in Caregiving as a mother of two kids.

Hobbies: Watching Tv shows/movies and listening to music.