**Lester Tuguinay Bulayungan**

#2 Shdema St., Moshav Shdema

Israel 7685500

Contact No. +972 54 8375671

E-mail: [saint\_lhes@rocketmail.com](mailto:saint_lhes@rocketmail.com)

ELDERLY CAREGIVER

**Warm, loving and caring.Strong desire to work and provide comfort and safety to the elderly.**

PROFILE:

I’m an extremely capable and compassionate Caregiver with extensive experience in young adult, elderly and disabled care, a hard-working and honest individual who is able to take initiative and exceed the expectations of the employer by following instructions accurately.Much of my experience was acquired working overseas particularly in Israel with a number of individuals with varying medical conditions and personal backgrounds.My exposure to different people helped me gain an excellent work ethic that my past employers and their families have benefitted from. My employers and their families and friends would describe me as a dedicated and self-motivated individual .I also have gained culinary skills on the job. I have the natural ability to adapt to my surroundings and learn new skills and pursue a career.

PERSONAL DATA:

- Born November 11,1974 in the town of Kiangan,Ifugao province in the Philippines

- Marital Status: Annulled, Age: 42, Citizenship: Filipino, Children: 2

- Religion: Christian, Health Status: Excellent, Height: 173 cm , Weight:164 lbs.

- Languages Spoken: Tagalog, English, Hebrew, Spanish(learning)

EDUCATION:

-Philippine Military Academy,Baguio City,Philippines

Completed 107 credits to a BS in Management(1993 to 1996),Honorable Discharge

-St. Louis University,Baguio City, Philippines

Attended four regular semesters to a degree in Engineering(1991 to 1993)

-High School Diploma from St. Joseph’s School, Kiangan,Ifugao, Philippines

SKILLS:

-Over nine (9) years hands-on experience in the caregiving sector

-Highly skilled in assisting clients from different cultures in activities of daily living

-Certified by the Israel Magen David Adom in First Aid and Cardiopulmonary resuscitation

-Hands-on experience in monitoring blood pressure,vital signs,pulse,temperature and

Respiration

-Proven record in assisting clients in toileting,bathing,dressing and personal hygiene

-Ability to encourage daily activities and competent in providing personal grooming

-Well-versed in grocery shopping, errands running and doing laundry

-Excellent ability in engaging in conversations and providing companionship

-Ability to communicate with clients and co-workers effectively in a variety of situations

-Clean driving record and possess both an Israeli and International Driver’s licenses

-Adept at preparing and serving nutritious meals

-Proficient computer skills

PROFESSIONAL EXPERIENCE:

Jan. 2016 up to present: Ester Navy(Employer),79 yrs. old Address:Moshav Shdema,Israel

**Job Situation**: A physically demanding job that requires providing constant assistance to an elderly female Cerebrovascular accident(CVA) or stroke patient in all daily activities like bathing, changing her diapers,dressing up, standing, sitting or moving her from bed to wheelchair, taking her to the clinic or to therapy or on short trips to the café,preparing and giving her doctor-prescribed medications. Engaging the patient in conversations and encouraging in activities in line with her needs and capabilities.Duties also include washing and drying the laundry, doing the groceries and preparing meals, organizing and maintaining the rooms and other household chores..

06/2010–11/2105: Rahamim Melamed-Cohen(Employer),77 yrs.old Address: Jerusalem ,Israel

**Job Situation**: An elderly male diagnosed in 1994 with Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig’s disease which has turned him totally paralyzed and voiceless. Total physical assistance was always required, from changing his clothes and diapers, bathing ,toileting and moving him from bed to wheelchair .Communicating with him was done only by his eye movement responding to the alphabet system or with the assistance of a computer software that is especially set-up and configured to his sitting or reclined position which he uses regularly.The patient uses a tracheostomy tube connected to a breathing apparatus he uses 24 hours every day.Suctioning is performed regularly and swiftly but with care and precision to clear his breathing .Nutritional needs and medication are administered using a Percutaneous Endoscopic Gastrostomy(PEG) tube .Duties also include cleaning and organizing the apartment for the patient’s safety.Due to a better job opportunity ,I resigned.

11/2008 - 03/2010: Menachem Baruch(Employer),87 yrs. old Address: Haifa ,Israel

**Job Situation:** The job required mild physical assistance and accompany to male octogenarian diagnosed with cancer and with an impaired sight and hearing caused by a mild stroke. Assisted patient in bathing and maintaining personal cleanliness. Washed and dried the laundry.Did the groceries and prepared meals. Cleaned and maintained the apartment and its sorroundings. Performed other tasks the employer asked. Engaged in some interesting conversations.

Mrs. Baruch had fully recovered from her injury and considered they could manage without me, dismissed me from the job.

10/2007- 10/2008: Kamal Khatib(Employer),86 yrs. old Address: Tamra ,Israel

**Job Situation**: An elderly male patient with Alzheimer’s disease and experiencing symptoms of advanced stages of dementia. Required high level of support and care. Provided full assistance in bathing , diaper changing, dressing up, oral care and hygiene, grooming feeding, moving from bed to chair, assisted in walking exercises and performed basic physical therapy and massage. Other duties include preparing meals and organizing and maintaining the cleanliness of the house.Low and irregular payment of salary forced me to resign from the job.

CHARACTER REFERENCES:

1. Mrs. Mali Cohen Mobile:+972544252234
2. Mr. John Kleinig [Tel:+1 212 6750215](Tel:+1%20212%206750215)
3. Ms. Gretchen Mayor Mobile:+14379938019

Copy of Diploma , Certificates and Letters of recommendation are available upon request.

**Mr. Lester Tuguinay Bulayungan**