



MOE SANDAR

HEALTHCARE ASSISTANT / CAREGIVER

✉ moesandar9393@gmail.com

📍 Ang Mo Kio Ave 6, Blk 640, Singapore

EDUCATION

- Passed Matriculation Exam (Myanmar)

CERTIFICATIONS

- Nurse Aid Training Certificate (3 Months Course)

PERSONAL DETAILS

Date of Birth : 2 April 1993
Nationality : Myanmar
Religion : Buddhist
Marital Status : Single
Height : 164 cm
Weight : 49 kg

SKILLS

- Elderly Care & Support
- Personal Care (ADLs)
- Medication Management
- Mobility Assistance
- Patient Hygiene Control
- Compassion & Care

LANGUAGES

Myanmar – Native
English – Able to speak, read, and write (Basic / Conversational)

PROFILE SUMMARY

Compassionate and dedicated Caregiver with 8 years of hands-on experience in providing comprehensive elder care. Proven track record in assisting elderly individuals with daily living activities (ADLs), mobility support, and personal care within a home environment. Formerly trained in Nurse Aiding, bringing a patient, respectful, and reliable approach to ensuring the well-being and comfort of patients.

EXPERIENCE

Volunteer Nurse Assistant

Township Hospital, Myanmar | August 2017 – March 2018

- Assisted nurses with basic patient care and daily nursing activities.
- Helped monitor patients' conditions and vital signs.
- Supported patient hygiene, feeding, and mobility assistance.
- Maintained a clean and safe healthcare environment.

Private Elderly Caregiver

Home-Based Care, Singapore | August 2018 – September 2019

- Assisted with Activities of Daily Living (ADLs), including bathing, dressing, feeding, and toileting.
- Administered medications and monitored blood pressure.
- Assisted with mobility exercises and fall prevention.
- Provided companionship and emotional support.

Grandfather (Full-Time Caregiver)

Home Care, Singapore | March 2020 – June 2026

- Provided full-time elderly care, including personal hygiene and medication management.
- Assisted with wheelchair and bed transfers.
- Performed diaper changing and urinary catheter (IMC) care.
- Prepared meals according to dietary requirements.
- Monitored vital signs and maintained a safe home environment.
- Provided emotional support and companionship, maintaining a positive and comfortable living environment.