

# Brianna Cole

Home Health Aide | Dementia Support & Engagement

Marietta, GA |

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## Professional Summary

Creative and patient Home Health Aide with 2 years of focused experience supporting individuals with early-stage dementia. Specializes in using personalized activities—music, puzzles, reminiscence, and conversation—to promote cognitive engagement, reduce anxiety, and provide nurturing personal care. Dedicated to maintaining a calm, supportive, and dignified environment.

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## Core Competencies

- Early-Stage Dementia Support & Companionship
  - Cognitive Engagement Activities: Music therapy, puzzles, memory games, simple crafts
  - Personal Care Assistance with Patience & Reassurance
  - Routine Development for Predictability & Comfort
  - Anxiety & Agitation De-escalation through Engagement
  - Family Communication & Collaboration
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## Certifications & Training

- Home Health Aide (HHA) Certification – State of Georgia, Active
  - Dementia Care Basics & Communication Strategies – Alzheimer’s Association Training
  - CPR & First Aid Ready
  - Therapeutic Activities for Cognitive Support Workshop
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## Professional Experience

Dementia Support HHA – Serenity Senior Care

*East Cobb, GA | 2022 – Present*

- Provides daily care and companionship for 3 clients in the early stages of Alzheimer’s and other dementias.
- Develops and leads personalized activity plans for each client based on their interests and history (e.g., music from their era, photo albums, gardening).
- Assists with all aspects of personal care, using clear, simple communication and allowing ample time to reduce frustration.
- Maintains a daily log noting client mood, engagement level, and any changes in cognition or behavior for family review.

Companion Caregiver – BrightStar Care Cobb County

*Marietta, GA | 2021 – 2022*

- Supported seniors with mild cognitive impairment through socialization and light activity.
  - Introduced structured activities like jigsaw puzzles and card games to clients, observing improved focus and mood.
  - Provided respite care, allowing primary family caregivers time for themselves.
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## Activity Engagement Approach

- Personalization: Learns client's life story, hobbies, and musical preferences to tailor activities.
  - Focus on Strengths: Chooses activities the client can still enjoy and succeed at, fostering a sense of accomplishment.
  - Flexibility: Adapts plans based on the client's daily mood and energy levels.
  - Examples: Creating a playlist of favorite songs, working on a large-print puzzle together, looking through old photo albums, simple gardening.
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## **Personal Care Philosophy**

- Understands that tasks like bathing and dressing can be confusing. Uses a step-by-step, reassuring approach.
  - Prioritizes maintaining the client's preferred routines to minimize disorientation.
  - Always explains what is happening next in a calm, friendly tone.
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## **Education**

Home Health Aide Certification Program

Chattahoochee Technical College – Marietta, GA

*Completed: 2021*

Specialized Dementia Training

- "Connecting Through Creativity" – Local Alzheimer's Support Organization Workshop (2023)
  - "Understanding the Dementia Journey" – Online Course (2022)
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## **Availability**

- Schedule: Day shifts (8am-4pm), Monday through Friday
  - Assignment Preference: Seeks long-term cases to build trust and consistent routines
  - Service Area: Cobb County (Marietta, Smyrna, East Cobb)
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