

# Nina Patel

Home Health Aide | Medication & Wellness Support

Alpharetta, GA |

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## Professional Summary

Detail-oriented and encouraging Home Health Aide with 4 years of experience specializing in precise medication management and safe physical activity encouragement. Focuses on creating organized, reliable systems for health management while proactively supporting mobility and strength to enhance independence and overall well-being.

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## Core Competencies

- Comprehensive Medication Management & Organization
- Safe Physical Activity Encouragement & Assistance
- Vital Signs Monitoring & Health Logging
- Appointment & Prescription Coordination
- Fall Prevention & Balance Exercises
- Clear Family Communication on Health Status

- Light Meal Preparation for Health
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## Certifications & Training

- Home Health Aide (HHA) Certification – State of Georgia, Active
  - Medication Administration & Management Certification
  - CPR & First Aid Certified – American Red Cross
  - Fall Prevention & Safe Mobility Training – National Council on Aging
  - HIPAA & Health Information Privacy
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## Professional Experience

Medication & Wellness Aide – Senior Living At Home

\*Alpharetta / Milton, GA | 2021 – Present\*

- Manages complex medication regimens for 5 clients, including setup of weekly pill organizers, timely reminders, and accurate logging.
- Develops and encourages daily "movement minutes"—personalized, safe exercise routines such as chair yoga, resistance band exercises, and guided walking.
- Monitors and records clients' blood pressure, weight, and general well-being, reporting notable changes to family or nurses.
- Coordinates medication refills and pick-ups from the pharmacy, maintaining an updated list of all prescriptions and supplements.
- Creates visual medication schedules and exercise charts to help clients stay engaged in their own care.

Care Assistant – BrightStar Care North Fulton

*Roswell, GA | 2020 – 2021*

- Assisted clients with daily living activities, with a growing focus on establishing consistent medication and activity routines.
  - Provided companionship and support during walks and light exercise, noting improvements in client mood and energy.
  - Recognized for exceptional reliability and attention to detail in client care plans.
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## **Medication Management System**

- **Setup:** Organizes all medications in a clear, weekly pill box system, double-checked against current prescriptions.
  - **Administration:** Provides timely reminders and observes ingestion when required per care plan.
  - **Documentation:** Maintains a precise log of administered medications, doses, and times.
  - **Coordination:** Manages refill schedules and communicates with pharmacies and doctors' offices as needed.
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## **Physical Activity Approach**

- **Assessment:** Evaluates client's current mobility, strength, and interests to create a sustainable routine.

- Safety-First: Ensures all exercises are performed safely, often with support (using a chair, wall, or gait belt).
  - Encouragement: Focuses on consistency and enjoyment rather than intensity, celebrating all efforts.
  - Examples: Seated leg lifts, arm circles with light weights, short outdoor walks, balance exercises.
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## **Education**

Home Health Aide Certification Program

North Fulton Technical College – Roswell, GA

*Completed: 2020*

Additional Training:

- “Exercise for Arthritis” – Arthritis Foundation Workshop
  - “Nutrition and Medication Interactions” – Online Course
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## **Availability**

- Schedule: Day shifts, Monday through Friday. Ideal for clients needing consistent morning or afternoon routines.
- Service Focus: Clients with multiple daily medications who would benefit from structured activity encouragement.

- Service Area: North Fulton County (Alpharetta, Roswell, Johns Creek).
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