

# Lindsay Park

Home Health Aide | Creative Engagement & Personal Care  
Sandy Springs, GA |

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## Professional Summary

Creative and compassionate Home Health Aide with 1 year of experience specializing in arts and crafts engagement and personal care assistance. Skillfully combines therapeutic creative activities with attentive daily support to promote cognitive stimulation, emotional well-being, and maintained independence. Brings patience, encouragement, and a positive energy to all care interactions.

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## Core Competencies

- Therapeutic Arts & Crafts Engagement
  - Personal Care Assistance with Patience & Dignity
  - Activity Planning for Cognitive & Motor Skill Support
  - Companionship & Social Interaction
  - Light Housekeeping & Meal Preparation Support
  - Mood & Engagement Observation
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## Certifications & Training

- Home Health Aide (HHA) Certification – State of Georgia, Active
  - CPR & First Aid Certified – American Red Cross
  - Therapeutic Arts for Seniors Workshop – Local Senior Center
  - Dementia-Friendly Activity Facilitation Basics
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## Professional Experience

Activity & Care Aide – The Fountainview Center  
Sandy Springs, GA | 2023 – Present

- Plans and facilitates daily arts and crafts sessions for small groups and one-on-one with residents, focusing on abilities and interests.
  - Activities include painting, collage-making, seasonal decorations, and simple pottery, adapted for various mobility and cognitive levels.
  - Provides personal care assistance to 3 assigned residents, including morning routines, dressing, and grooming, integrating encouragement and choice.
  - Documents resident participation and mood responses to activities, providing valuable feedback to the activities director.
  - Noted for her ability to engage residents who are typically withdrawn through personalized, creative projects.
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## Creative Engagement Approach

- Personalized Projects: Bases activities on the client's life history, hobbies, and sensory preferences (e.g., texture, color).
  - Process-Oriented: Focuses on the enjoyment and sensory experience of creating, not on a perfect outcome.
  - Adaptive Techniques: Modifies tools and methods for arthritis, limited vision, or other physical challenges (e.g., using large-handled brushes, pre-cut materials).
  - Goal: To provide a sense of accomplishment, stimulate memory, and offer a joyful, shared experience.
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## Personal Care Philosophy

- Believes personal care routines are an opportunity for positive, one-on-one connection.
- Offers choices whenever possible to promote autonomy (e.g., "Would you like to wear the blue shirt or the green one today?").
- Uses a calm, reassuring demeanor and explains each step to reduce anxiety.

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## Education

Home Health Aide Certification Program  
Atlanta Technical College – Atlanta, GA  
*Completed: 2023*

Previous Background:  
Some College – Studio Art Courses  
Kennesaw State University  
*\*Attended: 2020-2021\**

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## Availability

- Schedule: Day shifts, Monday through Friday.
- Service Type: Ideal for clients who would benefit from a combination of creative engagement and personal care support.
- Service Area: North Atlanta (Sandy Springs, Dunwoody, Roswell).