

Omar Hassan

Home Health Aide | Diabetes Management & Nutrition Support
Clarkston, GA |

Professional Summary

Experienced and culturally attentive Home Health Aide with 5 years of focused expertise in diabetes management and therapeutic meal preparation. Specializes in creating nutritious, culturally-sensitive meal plans that adhere to dietary guidelines while honoring client traditions and preferences. Dedicated to supporting clients in achieving stable health through daily monitoring, education, and compassionate support.

Core Competencies

- Diabetes Management & Daily Monitoring Support
 - Culturally-Sensitive Therapeutic Meal Planning & Preparation
 - Blood Glucose Monitoring Assistance & Logging
 - Medication & Insulin Reminder Support
 - Nutrition Education & Healthy Shopping Guidance
 - Foot Care Observation & Basic Hygiene
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Certifications & Training

- Home Health Aide (HHA) Certification – State of Georgia, Active
- Diabetes Care Specialist Training – American Diabetes Association Recognized Program
- CPR & First Aid Certified – American Red Cross
- Food Safety & Sanitation Certification

- Cultural Competency in Healthcare – Cross-Cultural Health Care Program
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Professional Experience

Diabetes Care Aide – Harmony Home Health

Clarkston / Decatur, GA | 2020 – Present

- Manages daily care for 4 clients with Type 1 and Type 2 diabetes, focusing on dietary control and consistent monitoring.
- Plans and prepares weekly menus that are low-glycemic, portion-controlled, and adapted from the client's cultural cuisine (e.g., modifying traditional Middle Eastern, South Asian, or African dishes).
- Assists with or supervises blood glucose checks, ensuring accurate logging for review by nurses or family.
- Provides gentle education to clients and families on carbohydrate counting, label reading, and the effects of specific foods.
- Recognized for helping clients improve their A1C levels through consistent, tailored dietary support.

Nutritional Support Assistant – Senior Meal Program, International Community Center

Clarkston, GA | 2018 – 2020

- Assisted dietitians in preparing and delivering medically-tailored meals to a diverse senior population.
 - Translated basic nutritional guidelines for diabetes and hypertension into several languages for community members.
 - Gained extensive experience in modifying recipes for renal, diabetic, and cardiac diets while preserving cultural flavors.
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Culturally-Sensitive Meal Preparation

- Assessment: Learns about the client's culinary background, favorite dishes, and eating habits.
- Adaptation: Expertly modifies traditional recipes—reducing sugars, adjusting fats, incorporating whole grains, and managing portions.

- Education: Explains the "why" behind modifications in a respectful, collaborative manner.
 - Goal: To ensure meals are a source of health *and* comfort, not deprivation.
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Languages & Cultural Familiarity

- Languages: English (Fluent), Arabic (Conversational)
 - Cultural Experience: Extensive experience working with clients from Middle Eastern, North African, and South Asian backgrounds.
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Education

Home Health Aide Certification Program
Georgia Piedmont Technical College – Clarkston, GA
Completed: 2018

Specialized Training:

- "Cooking for Diabetes" – Culinary Nutrition Workshop
 - "Building Trust in Cross-Cultural Caregiving" – Online Certification
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Availability

- Schedule: Day shifts, Monday through Saturday.
- Service Focus: Clients requiring dedicated diabetes management support, especially those seeking culturally familiar meal preparation.
- Service Area: DeKalb County, with a focus on the Clarkston and Decatur areas.