Sofia Costa

Home Health Aide | Bilingual Respite Care Specialist
Duluth, GA |

Professional Summary

Compassionate and reliable Home Health Aide with 3 years of experience specializing in family respite care and bilingual support. Fluent in English and Portuguese, providing clear communication and cultural comfort for clients and families. Dedicated to offering trustworthy, consistent care that allows primary family caregivers to take essential breaks with confidence.

Core Competencies

- Bilingual Communication & Documentation: English & Portuguese
- Respite Care for Family Caregivers
- Companionship & Social Engagement
- Medication Reminders & Daily Routine Support
- Light Housekeeping & Meal Preparation
- Family Communication & Detailed Shift Reporting
- Creating a Calm, Familiar Environment

Certifications & Training

- Home Health Aide (HHA) Certification – State of Georgia, Active
- CPR & First Aid Certified – American Red Cross
- Respite Care Best Practices – Caregiver Action Network Training
- HIPAA & Client Confidentiality

Professional Experience

Respite Care HHA – Family First Respite Care
Gwinnett County, GA | 2021 – Present

- Provides scheduled respite care for 8 different families, offering breaks ranging from 4-hour intervals to full weekends.
- Steps into established home routines with minimal disruption, ensuring client comfort and continuity of care.
- Frequently requested by Portuguese-speaking families for her ability to communicate seamlessly and provide culturally familiar companionship.
- Maintains detailed notes for the primary caregiver, covering activities, meals, mood, and any notable observations.

Companion Caregiver – Comfort Keepers
Norcross, GA | 2020 – 2021

- Provided regular companionship and light care for seniors, helping to reduce social isolation.
- Assisted with grocery shopping, prescription pickups, and light meal prep.
- Built strong rapport with clients, often serving as a key social connection.

Respite Care Approach

- Thorough Intake: Meets with the family caregiver beforehand to understand routines, preferences, and specific concerns.
- Seamless Integration: Focuses on maintaining the client's normal schedule and environment.
- Proactive Communication: Provides clear, concise updates to the family before, during (if needed), and after the respite period.
- Goal: To enable the family caregiver to fully disconnect and recharge, knowing their loved one is safe, content, and in capable hands.

Languages

- English: Fluent
- Portuguese: Fluent (spoken and written)

Education

Home Health Aide Certification Program
Gwinnett Technical College – Lawrenceville, GA
Completed: 2020