

Mihaela Popescu

Care Assistant (Pflegeassistentz) • Elderly & Dementia Care

Nationality: Romanian (EU citizen – right to work in the EU/EEA)

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About me

Qualified Care Assistant with 4 years of experience in residential and home care for older adults, including residents living with dementia. Experienced in personal care, mobility support, medication assistance under nursing supervision, and palliative comfort care. Calm, reliable and respectful, with a strong focus on dignity, safety and hygiene in line with EU care standards. Fluent in German, Romanian and English. Seeking a care role in a residential or home-care service in Europe.

Work experience

- Senior Care Assistant

03/2024 – Present

Haus Wienerwald Pflegeheim, Vienna, Austria • Business or sector: residential elderly care (60 residents)

 - Provide personal care, feeding, mobilisation and continence care for **8 residents per shift**, including residents with dementia.
 - Apply kinaesthetic handling and pressure-ulcer prevention; incidence among assigned residents fell from **5 cases to 1** per year.
 - Assist nurses with vital signs, medication rounds and wound-care routines; record observations accurately in the care documentation system.
 - Run daily activation sessions (music, memory games, walks) with **high resident participation**; support end-of-life comfort care and families.
 - Train and orient **5 new care staff** and volunteers.
- Home Care Worker

08/2022 – 02/2024

Sonnenschein Mobile Pflege GmbH, Vienna, Austria • Business or sector: home care services

 - Supported **12 clients** in their own homes with personal hygiene, meals, light housekeeping and mobility.
 - Recognised early health changes and reported them promptly to the responsible nurse and family; no missed visits in 18 months.
 - Accompanied clients to medical appointments and encouraged independence and social contact.

Education and training

- Pflegeassistentz (PA) – Care Assistant qualification

09/2021 – 07/2022

Vienna Healthcare Training Academy, Austria • EQF level 3

Theory and supervised practice in geriatric care, basic nursing, hygiene, first aid, communication and ethics.
- Upper secondary school diploma (Bacalaureat)

2014 – 2018

Colegiul Național, Cluj-Napoca, Romania • EQF level 4

Personal skills

Mother tongue: Romanian

LANGUAGE	LISTEN	READ	INTERACT	PRODUCE	WRITE
German	C1	B2	C1	B2	B2
English	B2	B2	B1	B1	B1
Italian	A2	A2	A2	A1	A1

CEFR: A1/A2 basic • B1/B2 independent • C1/C2 proficient user

Communication: patient, empathetic communication with residents, relatives and nurses; uses validation techniques with people with dementia.

Organisation: plans care routines for 8 residents per shift; reliable in shift work, weekends and night duty.

Digital skills: Information – Independent • Communication – Independent • Content – Basic • Safety – Independent • Problem solving – Independent

Job-related skills

- Personal care
- Dementia care
- Safe patient handling
- Pressure-ulcer prevention
- Medication assistance
- Vital signs
- Palliative comfort
- Infection prevention
- Care documentation
- Activation therapy

Certifications

First Aid course (16 h) – Austrian Red Cross, 2025

Validation® dementia communication course – 2024

Kinaesthetics Basic Course – 2023

Hygiene & infection prevention training – 2024

Additional information

Community: volunteer visitor at a day centre for seniors (2023 –) • **Availability:** shift work, weekends, nights • **Driving licence:** B