



Cecilia Henle

Saint Paul, Mn  
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651.500.8811

## Licensed PCA HHA Caregiver with 8+ Yrs Experience

While living in Portland, I frequently cared for a friend's elderly parents, which started me on the road to developing art-therapy based care-giving skills.

This led to work in nursing homes in advanced dementia and Alzheimer wards and developing an art class especially for dementia patients.

I have received training in using hoist lifts, wheelchair assistance, passing meds, bathing, dressing, feeding, colostomy changes, using TEDs, re-direction of behaviors associated with Dementia with Lewy Bodies (DLB), hallucinations, memory loss and panic, and assessing a home for dementia and Alzheimer's clients to make it safe, and decrease the potential for tripping/falling accidents caused by objects or pathways that are no longer easy to navigate.

I worked with Senior Day Care programs to build a step-by-step art class specifically designed for seniors with dementia or Alzheimer's.

Painting and working on creative projects helps to restore vital self-image to dementia sufferers.

*Through art, people with dementia can express thoughts and feelings when words are difficult to access.*

Painting becomes a valuable method of communication.

Creating art relies on parts of the brain that stay intact when brain changes associated with dementia occur. Even though their abilities have been limited by the disease, there are ways they can still excel.

## Experience

PCA/HHA- ADULT HELP & COMPANION CARE – 2009–PRESENT

PCA/HHA- CERENITY SENIOR CARE ST PAUL – 2008-2009

PCA/HHA- PEP AGENCY/SHARON HULTMAN – 2007-2008

CURATOR– STUDIO ART DIRECT– PORTLAND– 2005-2006

CEO – HENLE STUDIO, INC – 1994–PRESENT

## References

Charles Gross, St Louis Park, tel: 952.926.3375

Victoria Cook, Inver Grove Heights, tel: 651.756.7175

Barbara Wessman, St Paul, tel: 651.770.8204

## Education

MCAD/ Mpls Col Art & Design– Mpls, Mn – 1977-1978

Oregon School of Design (Architecture) 1982–1984

PCC Sylvania– Oregon– 1984–1987

## Skills

### Companionship:

\* Friendly conversation   \* Positive and patient companionship   \* Discuss current or historical events   \* Art, painting, hobbies or crafts   \* Knitting   \* Crocheting   \* Sewing   \* Play games, cards, or other mind stimulating activities   \* Read and discuss books and magazines

### Personal:

\* Answer door and telephone   \* Bring in and sort mail   \* Arrange family photos   \* Assist with walking and exercises   \* Birthday and anniversary reminders   \* Assist in decision making   \* Letter writing and other correspondence

### Grocery Shopping & Meal Preparation:

\* Monitoring diet and eating   \* Grocery shopping   \* Meal planning, preparation and clean-up   \* Storing foods and meals   \* Organizing pantry & cupboards

### Household Chores:

\* Light housekeeping   \* Care for house plants   \* Laundry

### Transportation and Escort:

\* Doctor Appointments   \* Prescriptions   \* Running miscellaneous errands   \* Friends, relatives, social functions   \* Entertainment - plays, concerts, outings   \* Transport/Escort to appointments

### Medication & Health:

\* Medication reminders   \* range-of-motion routines and exercises   \* Assist in scheduling appointments   \* Pick up prescriptions   \* Memory recall activities

### Home Monitoring:

\* Prevent wandering and unsafe behavior   \* Prompting and cueing daily routines   \* Notify family of any changes in health or appearance of client   \* Monitor home safety   \* Supervise home maintenance appts.   \* Correspond with and update family on client's activities