

# MAXWELL R. MOORE

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## CAREER TARGET ROLES

Caregiver | Memory Care Specialist | Caregiver Support Advocate | Family Caregiver Coach | Community Engagement & Wellness Coordinator

## PROFESSIONAL SUMMARY

Former Security Operations Manager with 17 years of leadership experience who transitioned into dementia caregiving and caregiver advocacy following four years as a full-time family caregiver and subsequent professional work in a secured memory-care unit as a Caregiver and MedTech. Brings more than five years of hands-on Alzheimer's and dementia care experience supporting residents and families with medical routines, behavioral management, emotional support, medication assistance, and daily life care - combined with a trauma-informed, mental-health-first approach shaped by advanced therapy training, including Dialectical Behavior Therapy (DBT).

Founder of the "I AM FREAKING FANTASTIC" Caregiver Mental Health Movement, dedicated to improving caregiver visibility, emotional wellness, burnout prevention, and community connection for family and professional caregivers nationwide.

## CORE SKILLS & SPECIALTIES

- Alzheimer's and dementia care (home and facility environments)
- ADL support and dignity-centered personal care
- MedTech medication assistance, MAR documentation, and safety observation
- Behavioral redirection, sundowning support, and agitation management (trauma-informed)
- Family education, caregiver coaching, and comfort updates
- Emotional presence, grief support, and resilience building
- Crisis de-escalation, safety planning, and calm decision-making under stress
- Documentation, observation reporting, and shift coordination
- Caregiver mental health advocacy, peer mentorship, and community leadership

## EXPERIENCE

### Founder & Caregiver Mental Health Advocate | I AM FREAKING FANTASTIC Movement | Phoenix, AZ | 2023-Present

Created and lead a national caregiver mental health mission providing emotional support, education, community connection, and positive identity restoration for both professional and family caregivers.

- Develop written and digital content addressing burnout recovery, daily emotional resilience practices, trauma awareness, and identity healing for caregivers.
- Facilitate peer conversation spaces designed for safe emotional expression and community building.
- Translate lived caregiving experience into actionable educational tools used by families, caregiver networks, and wellness-focused organizations.
- Promote stigma-free conversations around mental health, rest, emotional boundaries, and help-seeking within caregiving cultures.
- Build partnerships with support organizations, podcasts, wellness educators, and community programs to amplify caregiver voice.

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- Serve as a public spokesperson and storyteller advocating for caregiver dignity, self-care validation, and mental health protections.

## **Professional Caregiver / MedTech | Memory Care Community | Phoenix, AZ | 2022-2023**

Provided hands-on support in a secured dementia care facility, ensuring resident comfort, safety, and emotional stability.

- Support residents with bathing, grooming, toileting, feeding, mobility, transfers, and hygiene while preserving autonomy and personhood.
- Assist with medication administration under state guidelines as a MedTech, following strict safety protocols and MAR documentation standards.
- Monitor behavioral, cognitive, sleep, appetite, and mood changes with detailed reporting to nursing staff.
- Apply redirection techniques for sundowning, agitation, confusion, and wandering behaviors using trauma-informed principles.
- Partner with families to provide comfort updates and emotional reassurance during challenging transitions.
- Work collaboratively with nurses and leadership to sustain a supportive and dignified care environment.

## **Primary Family Caregiver - Alzheimer's Disease (24/7) | Private Home Setting | 2018-2022**

Sole caregiver for mother diagnosed with progressive Alzheimer's disease for four years - overseeing full medical, emotional, and daily life care.

- Coordinated complete care operations: medical appointments, medications, nutrition, hygiene, daily scheduling, and safety adaptations.
- Advocated within healthcare systems, attending appointments and managing provider communications.
- Managed insurance coordination, financial documentation, legal planning, and long-term care decision navigation.
- Developed advanced observation skills to identify red flags associated with disease progression.

## **Security Operations Manager - Leadership Roles | Multiple Organizations | 2000-2018**

Led multidisciplinary teams responsible for safety, crisis intervention, incident coordination, and operational risk response in high-pressure environments.

- Trained staff in conflict de-escalation, emergency procedures, professional conduct, and public safety collaboration.
- Coordinated real-time incident leadership with law enforcement and medical responders.
- Managed reporting systems, ethical compliance protocols, and documentation standards.

## **CERTIFICATIONS & TRAINING**

- MedTech medication administration training (on-site memory care certification)
- Alzheimer's and dementia behavior management education
- CPR/First Aid
- Dialectical Behavior Therapy (DBT) - multi-year therapeutic development
- Ongoing independent study: caregiver mental health, burnout literature, trauma-informed care models
- Content education for caregiver emotional wellness through IAFF platform

Resume: Caregiving Professional v1.0 4.6.25