

# CV

Name: Charlie Chen

## **Professional Summary**

Dedicated care professional with over 10 years of experience supporting elderly individuals and families. Strong background in care coordination, caregiver training, and elderly support services. Deep personal commitment to improving health, longevity, and quality of life for aging adults. Since 2015, focused on researching longevity science and developing practical systems aimed at reversing age-related decline and extending healthy lifespan with studies in nutrigenetics, epigenetics and microbiome analysis.

I am the Founder of ForMom&Dad, an international, online educational learning hub, delivering science-led care to families worldwide.

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## **Professional Experience**

### **Care Coordinator / Trainer – Care Agency**

*2013 – 2023*

- Trained and supported new caregivers to ensure high standards of care delivery.
- Coordinated and scheduled carers for both **nursing home placements and domiciliary (home) care services**.
- Conducted visits to nursing homes and clients' homes to review care quality and client wellbeing.
- Implemented and monitored care plans to ensure appropriate support for elderly clients.
- Worked closely with families, care staff, and facilities to maintain high standards of service and client satisfaction.

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## **Part-Time Family Caregiver**

2022 – 2023

- Part time caregiver for my own elderly father, managing daily care and wellbeing.
- Coordinate medical appointments, medication management, and lifestyle support.
- Implement health and longevity strategies to improve quality of life and independence.
- Provide emotional support and long-term care planning.

Improved dementia symptoms and significantly reduced high blood pressure through natural health practices. This led to coming off four blood pressure medications, regaining mobility and independence, and no longer requiring carers — enabling him to remain living at home. This experience inspired the creation of Formomanddad.net and the development of a structured, step-by-step course designed to help families support the health, strength, and independence of their ageing parents.

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## **Independent Research & Development**

### **Longevity Research & Aging Reversal Systems**

2015 – Present

- Conduct ongoing research into longevity, healthspan, metabolic dysfunction, chronic and degenerative conditions (*including cancer and neurodegenerative disorders*).
- Study modern health science related to nutrition, gut and oral microbiome related to neurodegenerative diseases such as Dementia and Parkinson's, lifestyle medicine and metabolic health.

- Developed a structured step-by-step system focused on reversing chronic diseases and improving long-term health outcomes.
- Focused on strategies that help people live longer, healthier lives while maintaining independence.