

Arshdeep Kaur

(437) 929-2840 | arshmahal0000@gmail.com

Professional Summary

Compassionate and dedicated Personal Support Worker (PSW) with over 2 years of experience delivering high-quality care in both long-term care facilities and agency placements. Proficient in supporting activities of daily living, monitoring patient health, and fostering emotional well-being. Committed to maintaining dignity and respect for all individuals. PSW Certificate holder from Canadore College, 2022.

Professional Experience

Personal Support Worker

Staff Relief Agency - Assignments at Sherwood Court (Vaughan) and Hellenic Home (Scarborough)

2022 - Present

- Delivered personal care services including bathing, grooming, dressing, and toileting.
- Monitored and documented vital signs; promptly reported changes to healthcare team.
- Assisted with mobility, transfers, and meal support, ensuring resident comfort and nutrition.
- Provided companionship and emotional support to residents, enhancing their quality of life.
- Maintained a clean and safe environment in accordance with health and safety standards.

Education

Canadore College

Personal Support Worker Certificate - 2022