

Oluremi Aremu John

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Dear Hiring Manager,

With my enclosed resume I would like to make you aware of my background as a Personal Support Worker. I have applied excellent patient skills, attention to detail, and organization skills in various developmentally disabled, home health, and long term care environments.

As you will see in my resume, I completed the Personal Support Worker Certification program through personal Support Worker -. I have also successfully obtained certificates in Developmental support worker- CLI College, First Aid and CPR, CPI, Safe Management, and Medication Administration Training.

While working as a Personal Support Worker in health home care and long term care, Autism support worker. I have consistently demonstrated my ability to work independently and also as a contributing member of the health care team, including but not exclusive to working with fellow personal support workers, Nurses, and Physicians. All while providing the highest possible level of patient care.

In my previous experience as a Personal Support Worker, I have monitored and recorded behavioral changes to assist the health care team in determining appropriate treatment and medications.

I have supported programs for an individual in group activities as well as worked within a reporting environment and am familiar with paper and computer record keeping.

I believe that with my past experience I can contribute positively to community living in Toronto if I'm hired for the position of personal support worker

Sincerely,

Oluremi John Aremu

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PERSONAL SUPPORT WORKER

Enthusiastic, well organized and highly dependable Personal Support Worker experienced in providing care to clients in retirement residences and private homes. Support clients with Alzheimer's, Dementia, Diabetes, Arthritis, Kidney and Bladder Issues, Parkinson's disease, Glaucoma, Lung disease, Cataracts, Osteoporosis, Macular Degeneration, Depression, Cardiovascular disease, and clients recovery from broken hips, knees, and arms. Successful in encouraging client's sense of self-worth, personal dignity and in promoting their independence in activities of daily living.

Home Healthcare
Palliative Care
Cross-Cultural Care
Relationship Building
Companionship
Medication Reminders
Bathing / Grooming
Incontinence Care
Peri Care
Mouth Care
Skin Care
Massage
Mobility Exercises
Meal Preparation
Feeding
Client Safety
Housekeeping
Reporting

EDUCATION | College of Business Health and Technology Developmental Service Worker – 2023 to 2021

Developmental support worker- CLI college 2024

RELEVANT COMPETENCIES

Alzheimer's / Dementia: Implement effective coping strategies to help the client remain engaged and active (playing cards, watching a favorite TV show, or going for walks), maximize independence and well-being (engage in conversation about past events and read together) , and to gain a sense of control (encouraging client to live in the present); provide medication/bath/bedtime reminders and escort to meals, advise clients on every daily activity and ensure that dangerous items are out of the sight

Lung Disease: Assist with lifting items; ensure adequate air quality and quantity free of strong odors/dust

Parkinson's: assist with feeding, medication, clothing, cleaning, and bathing; assist with exercise program provided by a physiotherapist

Visual Impairments: Apply eye lotion and drops, assist with toileting, bathing, grooming, and dining

General Care: Instil clients with feelings of self-worth by positive reinforcement, empathic listening, and clear communication in English and Yoruba

§ Provide bedside care and companionship on a daily basis

§ Perform lifts, turns, massages, mouth, skin and peri-care and change diapers §

Transport clients in and out of wheelchairs/beds using a Hoya Lift and reposition them

Prepare meals and feed clients as per strict instructions from physicians and head nurses

Place the right food on the right plate for the right client

Lead clients in range and motion exercises as well as accompany them for walks to optimize their mobility and independent living

Assist clients with shopping, banking, attending medical appointments and social engagements

Bath clients and assist with personal hygiene and elimination as well as change clothing Assist with dressing including oral, skin, and hair care

Observe and report all behavioral, physical, and emotional changes including changes in ongoing conditions

Tidy rooms/lockers, dust, open/close bed, change sheets, and replace garbage

Assist nurses with client's needs and notify nurses if client's condition changes

Assess client's care plan in the am and complete flow sheets pm

WORK RELATED EXPERIENCE

PSW (Chartwell Westbury Long Term Care Residence, Etobicoke, ON
2019

Caregiving- Frontline work Force Inc. Mississauga, ON 2018 - Present

Caregiving, Jodal Health Care Services, North York, ON 2018 - Present

Safe umbrella Healthcare 2019-2022

Bethesda services 2024