

PARAV HANDA

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OBJECTIVE

Dedicated and compassionate Personal Support Worker (PSW) with 1 year of experience providing high-quality care in long-term care homes and community settings. A graduate of the Personal Support Worker program completed with honours, seeking to leverage strong clinical, interpersonal, and caregiving skills to support residents, promote dignity, and enhance overall quality of life

PROFESSIONAL EXPERIENCE

Personal Support Worker

[Sage care] - North York, ON

December, 2024 – November, 2025

- Provided compassionate care and daily living assistance to patients with Alzheimer's and other forms of dementia
- Monitored patient behaviour, moods, and health changes, reporting concerns to nursing staff for proper care planning
- Maintained a safe, clean, and supportive environment tailored to the needs of memory care residents
- Supported families by providing reassurance, updates, and education about dementia care
- Responded promptly to emergency situations involving clients' safety or well-being.
- Maintained daily living standards by assisting clients with personal hygiene needs.
- Monitored vital signs and medication use, documenting variances and concerning responses.
- Engaged with patients and families to provide emotional support and daily living instruction
- Provided person-centred dementia care, using redirection and reassurance techniques to reduce agitation and confusion.
- Observed and reported changes in physical condition, skin integrity, appetite, and cognition to nursing staff in a timely manner.

Personal Support Worker

[Extendicare (Placement)] - Brampton, ON

September, 2024 – November, 2024

- During my placement i provided compassionate personal care, including assistance with bathing, grooming, and feeding, for residents with diverse needs
 - Supported mobility and safety through proper transfer techniques and equipment usage
 - Collaborated with nursing staff to manage medication schedules and maintain accurate records
 - Engaged residents in meaningful social and recreational activities, fostering a sense of community and belonging
 - Followed infection control protocols to ensure a safe and hygienic environment.
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EDUCATION

Personal Support Worker

Conestoga College

Graduated: December, 2024

SKILLS

- Exceptional communication and interpersonal skills.
 - Proficient in personal care techniques, ensuring clients' comfort and dignity.
 - Experienced in light housekeeping tasks, maintaining clean and safe living environments.
 - Skilled in meal preparation, accommodating various dietary requirements.
 - Knowledgeable in supporting clients with Alzheimer's and dementia through gentle cueing and orientation.
 - Reliable and punctual, with a strong commitment to client well-being and independence.
 - Knowledgeable in palliative care principles, including pain management and emotional support.
 - Strong communication and interpersonal skills for building good relationship with clients and families.
 - Demonstrated patience, empathy, and attention to detail in caregiving.
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CERTIFICATION

- Red cross standard first aid and CPR /AED level C and Basic life skills.
- Respiratory fit testing.
- The fundamentals of Hospice Palliative care certificate