

Folake Janet Ayodele
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Personal Support Worker/Care Provider

<ul style="list-style-type: none">• Personal Care Assistant• Meal Support	<ul style="list-style-type: none">• Housekeeping• Mobility Support and Transfer	<ul style="list-style-type: none">• Companionship• Documentation and Reporting	<ul style="list-style-type: none">• Medication reminders
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Summary of Qualifications

- Certified PSW with clinical training and hands-on care experience
- Skilled in assisting with hygiene, mobility, meals, and medication reminders
- Strong communication and interpersonal skills; builds trust easily
- Experienced working with diverse individuals and healthcare professionals
- Empathetic, patient, and committed to promoting client dignity, comfort, and independence
- Proficient in Microsoft Word, Excel, PowerPoint, and GraphPad
- Adaptable with strong attention to detail and excellent time management

Core Competencies

- Assist individuals with activities of daily living, including personal bathing, dressing, grooming, toileting, and mobility support
- Providing emotional support and companionship
- Promoting respectful treatment and upholding client rights
- Performing light housekeeping, laundry, and meal preparation
- Following care plans and communicating changes to supervisors
- Supporting community outings and client appointments
- Adapting to changing support needs with flexibility

Education & Certification

Certificate in Personal Support Worker Pharma-Medical Science College of Canada, ON	May 2025
Standard First Aid with CPR C & AED by ViviCPR	July 2024
Certificate in Health Studies University of Regina, Saskatchewan	May 2023
B.Sc. Pharmacology (Second Class Upper) University of Lagos, Nigeria	Dec 2017

Work Experience

Personal Support Worker June 2025 - Present
 Humber Meadows Long Term Care Home - North York, Ontario

- Provided direct care to clients, assisting with daily activities such as bathing, dressing, grooming, feeding, and mobility
- Provided emotional support and monitored changes in health and mood
- Maintained a clean and safe living environment
- Followed individualized care plans, infection control protocols and safety procedures
- Reported concerns to supervisors promptly

Personal Support Worker (Placement) March 2025 - May 2025
 Greenview Seniors Residence - Metta Lifestyles, Toronto

- Assisted elderly clients with personal hygiene, mobility, and meal preparation
- Provided emotional support and monitored changes in health and mood
- Maintained a clean and safe living environment
- Reported concerns to supervisors promptly

General Laborer Jan 2025 - present
 Commercial Bakeries, North York

- Package cookies and maintain food safety standards
- Assist with daily production and packing operations

General Laborer Sept 2022 - March 2023
 Maple Leaf, Toronto

- Packaging and cutting chicken
- Box making

Medical Sales Representative Jan 2020 - June 2020
 Sylken Pharmaceutical Ltd, Nigeria

- Promoted and sold pharmaceutical drugs and products

Teacher May 2018 - March 2019
 Queen's High School, Nigeria

- Taught the Junior students security education (how to secure their lives, health, properties and environment)
- Assessed behaviour of students towards learning
- Provided educational, social and moral guidance to students

Community Involvement

Volunteer	2023
Salvation Army Food Bank, Etobicoke	

Presiding Officer	2019
Gubernatorial Elections, Ibadan Southwest Local Government Area	

Reference

Available upon request