

Jashandeep Singh

47 Dressage Trail, Cambridge, ON N3E 0C1
519-722-3141 | jashan.sangha005@gmail.com

Professional Summary

Compassionate and dependable Personal Support Worker (PSW) with hands-on experience in long-term and retirement care. Skilled in dementia care, infection control, personal hygiene assistance, and health monitoring. Dedicated to client dignity, communication, and team collaboration to enhance quality of life.

Core Skills

- Personal care and hygiene assistance
- Activities of Daily Living (ADLs)
- Dementia and Alzheimer's support
- Medication administration
- Vital signs and health monitoring
- Infection prevention and control
- Resident engagement and companionship
- Safety protocol adherence
- Team collaboration and time management
- Strong interpersonal and communication skills

Professional Experience

- Personal Support Worker (Student Placement)

St. Luke's Place, Cambridge, ON | September 2024 – December 2024

- Delivered personal care to over 12 residents daily, ensuring full care plan adherence.
- Monitored and recorded vital signs, contributing to proactive health management.
- Maintained strict infection control protocols, resulting in zero safety incidents.
- Provided emotional support to residents, enhancing their well-being and trust.

- Personal Support Worker (Student Placement)

Chartwell Retirement Residences, Waterloo, ON | January 2025 – April 2025

- Assisted 10+ residents with ADLs, ensuring adherence to personalized care schedules.
- Applied dementia care strategies to reduce resident agitation and improve comfort.
- Accurately administered medications under supervision.
- Led group activities to foster engagement and social interaction.

- Team Member

KFC, Brampton, ON | June 2024 – Present

- Prepared over 100 customer orders daily, maintaining accuracy and speed.
- Upheld cleanliness standards and passed all health inspections.
- Resolved customer concerns efficiently, boosting satisfaction and repeat business.

Education

Personal Support Worker Certificate – Conestoga College, Kitchener, ON – 2025

High School Diploma – Dr. ASA NAND Sr. Sec. School, Nawanshahr, Punjab, India – 2023

Welding Techniques Program – Conestoga College, Kitchener, ON – 2025–Present

Certifications

- Personal Support Worker Certification
- Standard First Aid and CPR (2024)
- Basic Life Support (BLS) (2024)
- Workplace Safety Training (2024)