

KIFAH ABDIRAHMAN DAHIR

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PERSONAL SUPPORT WORKER

Compassionate and dependable Certified Personal Support Worker (PSW) with experience supporting seniors and individuals with complex care needs in long-term care and community settings. Skilled in providing person-centered care with dignity, cultural sensitivity, and respect. Strong background in mobility assistance, dementia care, infection prevention, and accurate documentation.

CORE COMPETENCIES

- Activities of Daily Living (ADLs) Support
- Transfers, Lifts & Ambulation (Hoyer, Sit-to-Stand)
- Dementia & Alzheimer's Care
- Infection Prevention & Control (IPAC)
- Medication Assistance (as directed)
- Behavioural Observation & Reporting
- Documentation & Charting (P.I.E. Notes)
- Communication & Compassionate Care
- Cultural Sensitivity & Resident Dignity
- Team Collaboration & Time Management

WORK EXPERIENCE

Personal Support Worker — Staffy, Toronto, ON (*March 2025 – Present*)

- Provide personal care assistance including hygiene, feeding, bathing, and mobility support.
- Support residents with cognitive impairments using patience, respect, and person-centered approaches.
- Assist with safe transfers and ambulation in accordance with care plans.
- Maintain accurate documentation of care activities and incidents.

Personal Support Worker (Placement) — Weston Terrace, Toronto, ON (*Nov 2024 – Feb 2025*)

- Provided compassionate care to residents in a long-term care environment.
- Assisted with ADLs including bathing, dressing, feeding, and toileting.
- Supported safe ambulation, positioning, and transfers using mechanical equipment.
- Observed, reported, and documented behavioural and clinical changes.

Personal Support Worker — The Neighbourhood Group, Toronto, ON (*Jan 2023 – Dec 2024*)

- Assisted clients with daily living activities including personal hygiene, dressing, feeding, and toileting.
- Supported safe ambulation and transfers between beds, wheelchairs, and mobility aids.
- Prepared meals according to individual meal plans and dietary needs.
- Performed light housekeeping and accompanied clients to appointments and errands.

EDUCATION & CERTIFICATIONS

- Personal Support Worker Certificate — UMS Healthcare College, Toronto (2025)
- First Aid & CPR — Canadian Red Cross (2024)
- General Persuasive Approaches for Dementia Care (2024)
- N95 Mask Fit Test Certification (2024)
- Food Handler Certificate — Train Can Inc. (2024)