

# MAMATA MAHANTA

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## PROFESSIONAL SUMMARY

Compassionate and dependable Personal Support Worker with Canadian PSW certification and hands-on clinical placement experience in long-term care. Skilled in providing person-centered daily living support to residents, including individuals living with dementia, delirium, and age-related cognitive changes. Completed long-term care volunteering in both India and Canada during studies, demonstrating adaptability, cultural sensitivity, and a strong commitment to resident dignity, safety, and teamwork.

## SKILLS

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- Personal care assistance (ADLs: bathing, dressing, grooming, toileting)
- Mobility assistance & safe transfers
- Dementia & memory care support
- Cognitive & mental health support (confusion, delirium)
- End-of-life / palliative care support
- Infection prevention & control, outbreak response
- Fall prevention & resident safety
- Meal assistance & feeding support
- Observation, documentation & reporting
- Compassionate communication & teamwork

## CLINICAL PLACEMENT

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### Personal Support Worker (Clinical Placement)

**Hardy Terrace Long-Term Care Home — Brantford, ON**

**November 2025 – January 2026 (Completed)**

- Assisted residents with bathing, dressing, grooming, toileting, feeding, and mobility.
- Supported residents living with dementia, delirium, and cognitive changes using calm, respectful, person-centered approaches.
- Participated in infection prevention and outbreak response training during an influenza outbreak.
- Followed individualized care plans and promptly reported changes in residents' condition to nursing staff.
- Assisted with safe transfers, repositioning, and fall-prevention measures.
- Maintained infection control standards, resident privacy, dignity, and safety at all times.
- Collaborated with nurses and care team members in a fast-paced LTC environment.

## VOLUNTEERING EXPERIENCE

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### Volunteer – Meal Companion

**Sunnyside Seniors' Services — Waterloo, ON**

**September 2025 – October 2025**

- Assisted residents during meals by providing companionship and supportive assistance.
- Helped enhance residents' comfort, dignity, and social engagement during mealtimes.
- Gained exposure to daily routines and resident needs in a Canadian long-term care setting.

**Volunteer Support Worker – Hospital Setting**  
**Toklai Research Centre Hospital — Jorhat, India**  
**January 2020 – May 2020**

- Assisted hospital staff with general support tasks and patient guidance.
- Provided companionship and support to patients under supervision.
- Helped maintain a safe, organized, and clean environment for staff and visitors.
- Developed communication, teamwork, and reliability skills in a healthcare setting.

## **WORK EXPERIENCE**

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**Food Service Associate / Server**  
**Apna Meats and Grill — Brantford, ON**  
**October 2023 – September 2025**

- Provided high-quality customer service, assisting patrons with orders and ensuring a positive dining experience.
- Maintained a clean, safe, and organized work environment following health and safety guidelines.
- Collaborated effectively with team members to manage busy shifts and ensure smooth operations.
- Demonstrated strong communication, patience, and problem-solving skills in a fast-paced environment.

## **EDUCATION & CERTIFICATIONS**

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- **Personal Support Worker (PSW) Certificate** — Academy of Learning Career College
- **CPR & First Aid – Level C**
- **Mask Fit Testing (N95 Respirator)**
- **Gentle Persuasive Approaches (GPA)**

## **REFERENCES**

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Available upon request.