

GRACE NABAYUNGA

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Personal support worker

PROFILE

Dedicated, empathetic and non-judgmental Caregiver with experience in providing excellent customer and business service. Skilled in creating schedules, following commitments, maintaining routines and performing personal care

Providing heartfelt care and assistance to patients.

AREAS OF EXPERTISE

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| <input type="checkbox"/> Schedule Management | <input type="checkbox"/> Assist with Medication & Reporting |
| <input type="checkbox"/> Housekeeping & Laundry | <input type="checkbox"/> Grooming & Bathing Assistance |
| <input type="checkbox"/> Meal Preparation and feeding. | <input type="checkbox"/> Personal Care & Dressing Assistance |
| <input type="checkbox"/> Doctor's Visits | <input type="checkbox"/> Fit & Able to Move Patients |
| <input type="checkbox"/> Mobility Assistance | <input type="checkbox"/> Warm Companionship |

EMPLOYMENT HISTORY

A. I am currently working with Community Living London Agency as a personal support worker, since August 2022, where I help people with developmental disabilities to meet their activities of daily living such as bathing, toileting, ambulation, personal hygiene etc., and assist with administering of medications, help to identify, record, report and monitor behavioral and healthy changes among individuals.

B. I am also currently working at City of London as a Personal support worker since August, 2021 help residents to meet their activities of daily living, provide compassionate and holistic care focusing on flexible living as well as residents 'quality of life. Assist residents with basic nursing care, companionship identify and report any changes in the resident's wellbeing to the Registered Practical Nurse.

C. Personal Support work at Queens Village Retirement Home, London Ontario from August, 2020 to date. I also had my Community placement at this Home from January 4/2020 to January 19/2020.

The following are skills and activities I do in this position;

1. Resident care: Assist Residents to complete activities of daily living including feeding, personal hygiene and care, toileting, dressing, cleaning and maintaining Resident's eyeglasses and dentures etc. Assist Residents to go to bed and get up from bed. Assist Residents with mobility and transfers.

2. Care Plan Development: Assessed Residents well-being including vital signs, weight, daily input and output, report changes in health Status. Observe and report Residents' behavior, emotional and physical status. Documentation, restraint usage and intervention.

D. Clinical placement at Chelsey Park Retirement and Long-term care from 16/Nov/2020- 18/Dec/2020

Assist clients with Activities of Daily Living: grooming, dressing, meal serving and feeding, bathing, toileting and personal care assist client with mobility and transfers

- Documentation of resident's input and output.
- Observing and recording residents' behavior to the charge nurse.

- Warm companionship, promoting independence.
- Use of emergency alarms and call bells.

E. Sales associate | Compass Group Canada, London, ON October 2019- March 2020.

- Customer service.
- Some light grill cooking.
- Balancing cash floats
- Cleaning, stocking and dish washing.
- Maintaining company and franchise at all times, along with other duties as directed by the supervisor.

F. Housekeeper | ABL Employment, London, ON July 2019-December 2019.

- Cleaned, stocked and supplied designated residential facility areas by performing routines such as dusting, sweeping, vacuuming, mopping, exceeding customers' expectations.
- Followed all health and safety regulations to keep the facilities in a clean and orderly condition.
- Cooperated with management to accomplish tasks on time; documented routines to ensure accuracy.

G. Caregiver | Private Residence, London, ON

April 2019

- Offered a nurturing environment to three children between ages 1-11 while explaining consistent rules clearly and compassionately.
- Developed and implemented age-based activities to promote the physical, cognitive, emotional and social development of children.
- Established and maintained collaborative relationships with parents, and communicated signs of potential learning and behavioral problems.
- Assisted with proper eating, dressing and toilet habits; planned and maintained an environment, fostering health, security and well-being of children.

H. Teacher | Kisubi Mapeera S.S, Uganda

2010-2018

- Enhanced academic Math and Chemistry achievement to prepare students for university.
- Integrated student interests and hands-on learning activities, using an empathetic approach to teaching.
- Communicated students' progress to students, parents and office in written session reports and in person
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EDUCATION

A) Personal support work certificate attained from Adult and Community Center, G.A Wheable London Ontario on January 21,2021.I have the following certificates from my Personal support worker training;

1. Certificate of completion of BLS Provider + CPR November 17, 2020.
2. Certificate of completion of Standard First Aid November 17, 2020.
3. Certificate of attendance for W.H.M.I.S November 13, 2020.

4. Certificate of Participation of Gentle Persuasive Approaches (GPA) in Dementia Care, November 13,2020.

5. Certificate of completion of Respirator Fit Test November 12, 2020

6. Certificate in Alzheimer Information Series (8 hours) from Alzheimer Society London and middle sex on March, 2020.

7. Certificates for IPAC Core Competencies.

B Bachelor's Degree in Science with Education - 2006-2009, Kyambogo University Uganda.