

NILE SAJU

Personal Support Worker

PROFESSIONAL SUMMARY

Compassionate and reliable Personal Support Worker with hands-on clinical placement experience in long-term care & disability services. Skilled in providing person-centered care, supporting activities of daily living, maintaining client dignity, and ensuring safety through proper infection-control techniques. Experienced in working with seniors, disabled individuals, dementia clients, and individuals requiring mobility assistance. Strong communication, teamwork, and documentation abilities. Seeking a full-time Support Worker position to contribute to high-quality resident care and overall well-being

WORK EXPERIENCE

Extendicare, Greater Sudbury | 2025

Personal Support Worker

- Assisted residents with ADLs, including bathing, dressing, grooming, feeding, and toileting.
- Performed mobility support using lifts (Hoyer, sit-to-stand) and transfer techniques.
- Monitored and reported changes in behaviour, skin integrity, and overall condition to nursing staff.
- Maintained confidentiality, professionalism, and a resident-first approach.
- Supported dementia and palliative care residents with compassion and patience.
- Followed infection-control, safety procedures, and proper documentation requirements.
- Collaborated with RPNs, RNs, and interdisciplinary team members to ensure quality care.

Supported Living Facility, (Oruma), Kerala, India

Direct Support Worker (volunteering) | 2023

- Supported individuals with developmental and intellectual disabilities in daily living activities.
- Promoted inclusion, independence, and community participation.
- Assisted with personal care, hygiene, feeding, and mobility.
- Encouraged skill development, confidence, and personal achievement.
- Built respectful and trusting relationships with individuals and families.
- Ensured safety, dignity, and emotional well-being at all times.
- Followed care plans, behavioral supports, and organizational policies.
- Documented progress and reported changes to the interdisciplinary team.

EDUCATION

Personal Support Worker Program

Cambrian College, Sudbury, ON | 2024-2025

Logistics & Supply Chain Management

Canadore College, North Bay, ON | 2023-2024

Bachelor's in Business Administration

Mahatma Gandhi University, Kerala, India | 2020-2023

CONTACT

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SKILLS

- Healthcare & Client Support
- ADL support (bathing, dressing, toileting, feeding)
- Mobility assistance & mechanical lifts
- Dementia, Alzheimer's & palliative support
- Vital signs monitoring
- Infection control & WHMIS knowledge
- Resident safety & fall prevention
- Documentation & reporting
- Professional Competencies
- Strong communication & empathy
- Time management & multitasking
- Team collaboration with nursing staff
- Problem-solving and client-focused care
- High attention to cleanliness & hygiene

CERTIFICATES

- Emergency First Aid & CPR/AED
- Basic Life Support (BLS)
- WHMIS & Infection Prevention and Control (IPAC)
- CPR & First Aid Certification
- Workplace safety and resident-handling training
- Safe Lifting, Transferring & Mobility Techniques
- Valid Ontario G2 Driver's License
- N95 Mask Fit Check
- Fully Immunized
- Clear Vulnerable Sector Check