

Orobosa Ehioghiren

PERSONAL SUPPORT WORKER

416- 454-3041

orobosaehioghiren01@gmail.com

Brampton, ON L6P 0Y6

Dedicated and compassionate Personal Support Worker with extensive experience providing high-quality, person-centered care to individuals with varying needs and abilities. Committed to delivering exceptional support with empathy, kindness, and respect, ensuring the physical, emotional, and social well-being of clients. Skilled in assisting with daily living activities, medication management, and providing emotional support. Strong communication skills and a commitment to excellence, professionalism, and integrity in practice.

SKILLS

- Emotional support
- Dementia care
- Medical records management
- Medication administration
- ADL assistance
- Team collaboration
- Multitasking and organization
- Active listening
- Compassionate care
- Interpersonal communication
- Social support
- EMR / EHR
- Care plan management
- Strong ethics
- Adaptability and flexibility
- Verbal and written communication skills
- Time management
- Cultural sensitivity
- Palliative care

EXPERIENCE

PERSONAL SUPPORT WORKER

Confor home care

Richmond hill, ON
September 2024 - Present

- With expertise in assisting with daily living activities, medication management, and providing emotional support, I am confident in my ability to make a meaningful difference in the lives of my clients and their families
- Prepared baths, assisted with transfers, maintained safety and comfort during bath times
- Assisted clients with dressing and undressing
- Shaved and provided holistic grooming services
- Ensured client well-being through effective assistance with hygiene needs
- Supporting clients with mobility and ambulation, including walking, standing, and balancing
- Executed comprehensive feeding assistance, including cooking, serving, and tidying up
- Supporting clients with communication, including speaking, listening, and using assistive devices

PERSONAL SUPPORT WORKER

Burton manor long term care

Brampton, ON
January 2024 - Present

- Aided in performing ADLs and managing personal care
- Groomed and conducted other personal care activities for residents

- Facilitated handwashing and maintaining cleanliness after toileting
- Provided support in meal-related activities to residents
- Supported residents during transfers to ensure safe movement from bed to chair and shower
- Listened to concerns, offered reassurance, and promoted relaxation techniques effectively
- Encouraged resident engagement in social activities such as games, arts and crafts, and outings
- Organized and supported resident activities to maintain connections with loved ones
- Assisted residents with mobility, including walking, standing, and balancing
- Supported residents with transfers, including from bed to wheelchair, wheelchair to toilet, and toilet to shower
- Helped residents with range of motion exercises and stretching to maintain flexibility and mobility
- Worked with residents, families, and healthcare teams to develop and implement individualized care plans
- Facilitated residents in achieving care plan goals
- Monitored residents' progress and reported changes or concerns to the healthcare team
- Worked collaboratively with the healthcare team, including nurses, doctors, and therapists, to ensure comprehensive care
- Communicated effectively with the healthcare team, including reporting changes or concerns, and seeking guidance and support as needed
- Attended care conferences to evaluate resident care plans

PERSONAL SUPPORT WORKER

Private home

Mississauga

September 2023 - Present

- Delivered holistic care to newborn and mother, supporting their overall well-being
- Managed feeding routine including preparing and serving milk or formula
- Prepared and served nutritious meals, considering dietary restrictions
- Maintained safe sleep conditions by regularly checking for potential risks
- Changed diapers and handled soiled laundry
- Administered medications to mother and baby according to need
- Handled laundry tasks efficiently, ensuring clean clothing and linens

EDUCATION

DIPLOMA IN PSW

Canadian institute of management and technology, **Malton, ON**

Jan 2024

BACHELOR OF SCIENCE (B.S.) IN EDUCATIONAL MANAGEMENT

University of Benin, **Benin city, EDO**

Nov 2021

CERTIFICATIONS

- Psw diploma certificate

REFERENCES

References available upon request