

# *Sophia Simpson*

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*Etobicoke Ontario*

*647-525-7981*

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## ***HIGHLIGHTS OF QUALIFICATION***

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- *Experienced personal support worker having completed 220 hours in long term care and 110 hours in community care.*
- *Ability to operate lifts and assist with transfers and lifts, trained by an Occupational Therapist and Physiotherapists.*
- *Gentle Persuasive Approach in Dementia Care.*
- *Knowledge of health and safety practices and fire prevention and safety.*
- *Ability to provide sound advice at every client interaction, ensuring positive customer experience.*
- *Excellent oral, written, organizational and time management skills, including attention to detail, multitasking and ability to set priorities, and meet deadlines.*
- *Dedicated independent worker as well as a dynamic team player, available to work various shifts as required.*

## ***EDUCATION***

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### ***Shelbourne HEALTH- LGBT2SQ Foundations Course - July 2021***

*GEORGE BROWN COLLEGE  
ON, CANADA*

*TORONTO,*

*Personal Support Worker Certificate - July 2015*

## ***RELATED EXPERIENCE***

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### ***THE LOFT***

#### ***Residential Support Worker (Community Care) July 2021- December 2021***

- *Assist Transgenders with activities of daily living, including meal preparation, light housekeeping, and laundry.*
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- *Assist co-workers with activities of daily living, including meal preparation, light housekeeping, and laundry.*

***PRIVATE HOME CARE***

***SCARBOROUGH ONTARIO***

*Personal Support Worker (Community Care)*

*March 2019 - November 2019.*

- *Assist patients with activities of daily living, including meal preparation, light housekeeping, and laundry.*
- *Providing premium care approach to clients and their family members*
- *Review progress notes prior to beginning a visit, completing records accurately and carrying out all assignments as requested*
- *Report/communicate observations or concerns to the appropriate individual(s), as necessary*

*Priority Healthcare*

*Personal Support Worker (Private Care)*

*February 2020- 2021*

- *Assisting residents with ADLs.*
- *Assist residents with toileting and other continence issues.*
- *Assist patients with activities of daily living, including meal preparation, light housekeeping, and laundry.*
- *Feed residents who are unable to feed themselves.*
- *Provide personal care for palliative residents.*

*KENNEDY WOMEN'S SHELTER*

*TORONTO, ON, CANADA*

*Staff Relief Front-Line Worker (On-Call)*

*July 2017- September 2018*

- *Access clients individually, in families, or in groups, to assess their situation and problems and determine the types of services required.*
- *Assist clients to sort out options and develop plans of action while providing necessary support and assistance.*
- *Supervise their activities and assist in pre-release and release planning.*
- *Assist in evaluating the effectiveness of treatment programs by tracking clients' behavioral changes and responses to interventions.*

*BAYSHORE HEALTHCARE*

*Personal Support Worker (Private Care)*

*Nov 2019-2022*

- *Assist patients with activities of daily living, including meal preparation, light housekeeping, and laundry.*
- *Providing premium care approach to clients and their family members*
- *Review progress notes prior to beginning a visit, completing records accurately and carrying out all assignments as requested.*

- *Stabbing/ screening for Covid passengers at Pearson international Airport.*

*UNIONVILLE HOME SOCIETY*

*Long Term Care.*

*June 2019-Nov 2019*

*Assist patients with activities of daily living.*

*Provide personal care for palliative residents.*

*Feed residents who are unable to feed themselves.*

***VOLUNTEER EXPERIENCE***

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*The Salvation Army Toronto Grace Health Centre  
Toronto, ON, Canada*

*Palliative Care Volunteer  
May 2016- May 2017 (3 hours/week)*

*The Salvation Army Toronto Grace Health Centre  
Toronto, ON, Canada  
June 2016*

*Rehabilitation Assistant Volunteer*