

KOMAL

PERSONAL SUPPORT WORKER

CONTACT

647-895-9126

komalkalra1103@gmail.com

<https://www.linkedin.com/in/komal-komal-79b3432657>

53 purple sage drive, ON

SKILLS

- Compassionate Patient Care
- mobility and Transfer Assistance
- infection Control and safety compliance
- vital sign monitoring and documentation

EDUCATION

Personal Support Worker

Epic College

- Completed NACC-accredited PSW Diploma with focus on patient care and safety.
- Gained 300 placement hours providing hands-on support in long-term care.

High School

kendriya Vidyalaya , india

- Attained an overall 85% in 12th standard.
- Completed coursework in Physics, chemistry , Biology and English

CERTIFICATIONS

- CPR Certificate level C
- BLS (basic life support)
- Standard first aid kit
- fully vaccinate
- Typing speed and accuracy
- Vulnerable Sector Check

LANGUAGES

English 

Punjabi 

Hindi 

french 

PROFILE

Compassionate and dedicated Personal Support Worker (NACC Certified) with over 300 placement hours at Extendicare Northridge, Oakville, providing high-quality, person-centred care to residents in long-term care and community settings. Skilled in supporting patients with activities of daily living (ADLs), mobility, nutrition, and hygiene while promoting dignity, comfort, and independence. Strong understanding of infection prevention, safety standards, and communication protocols. Seeking to contribute to Health Care's mission of improving patient well-being through compassionate care.

WORK EXPERIENCE

Personal Support Worker

Extendicare Northridge Long-Term Care, Oakville, ON |

- Provided high-quality assistance with daily living activities, including bathing, grooming, dressing, and toileting.
- Supported residents with safe mobility, transfers, and ambulation using mechanical lifts and assistive devices.
- Monitored physical and emotional well-being, reporting changes promptly to nursing staff.
- Prepared and served meals according to dietary plans and ensured proper feeding assistance.
- Maintained a clean and safe environment while adhering to infection control and safety guidelines.
- Fostered respectful communication and emotional support to enhance residents' comfort and dignity.

Lanark Heights Long Term Care Kitchener , ON

- Applied the Gentle Persuasive Approach (GPA) to safely support residents with responsive behaviours, reducing agitation while maintaining dignity and trust.
- Assisted residents after falls by following safety protocols, providing reassurance, and promptly reporting incidents and observations to the nursing team.
- Identified fall risks and implemented prevention strategies such as proper footwear, clear pathways, and close monitoring of high-risk residents.
- Provided person-centred care to residents with dementia and cognitive impairments.

Qualifications

- NACC-Certified Personal Support Worker with over 300 hours of supervised practical training in long-term care and community settings.
- Proven ability to deliver compassionate, patient-centred care that enhances comfort, dignity, and emotional well-being.
- Skilled in assisting clients with activities of daily living (ADLs), including bathing, dressing, grooming, toileting, and feeding.
- Knowledgeable in Dementia and Alzheimer's care, focusing on empathy, consistency, and communication to support cognitive health.
- Strong understanding of infection prevention, hygiene standards, and safety compliance to ensure a clean and secure care environment.
- Experienced in mobility support and transfer techniques, including the safe use of lifts and assistive devices.
- Proficient in vital signs monitoring, documentation, and reporting to maintain accurate client health records.