

# PAWANDEEP SANDHU

## Personal Support Worker

416-786-2524

[Pawansandhu53@yahoo.ca](mailto:Pawansandhu53@yahoo.ca)

## Summary

Compassionate and dedicated Personal Support Worker with experience providing personalized care in retirement residences. Skilled in assisting with daily living activities, promoting independence, and ensuring residents' safety and dignity. Strong communicator and team player committed to enhancing quality of life for seniors. Consistently maintained client satisfaction rates of 90%+, excelled in multicultural communication, and acted quickly in crisis situations. Eager to join a new team to provide daily assistance, company, and medical care to its residents.

## Work Experience

### Personal Support Worker

Southbrook Retirement Residence

July 2023 – September 2023

- Provide compassionate personal care assistance to residents, including bathing, dressing, grooming, and toileting.
- Assist with mobility, transfers, and positioning to ensure safety and comfort.
- Support residents with meals, including serving, feeding assistance, and monitoring dietary needs.
- Administer medication under supervision, following established care plans and protocols.
- Monitor and report changes in residents' physical, emotional, or cognitive health to nursing staff.
- Maintain accurate documentation of care provided and residents' daily activities.
- Promote residents' independence, dignity, and quality of life through respectful and personalized care.
- Assist with recreational activities, social programs, and outings to encourage engagement and well-being.
- Maintain a clean, safe, and organized environment in resident rooms and common areas.

- Collaborate with nurses, physicians, and other healthcare professionals to deliver coordinated care.

### **Driving Instructor**

#### **Bulls Eye Driving School**

March 2024 – Present

- Instructed students in proper vehicle operation, road safety, and traffic laws for both written and practical driving tests
- Customized lesson plans based on each student's experience, confidence level, and learning style
- Provided real-time feedback and coaching during driving sessions to improve student performance
- Conducted vehicle pre-checks and taught student's basic car maintenance and safety procedures
- Maintained accurate student progress records and documentation for licensing and reporting purposes
- Prepared students for road tests with mock exams and test route simulations
- Ensured compliance with provincial driving regulations and updated instructional methods as laws changed
- Promoted calm, patient learning environments to help nervous or first-time drivers build confidence
- Educated students on defensive driving techniques and hazard awareness
- Managed scheduling, communication, and billing for lessons

### **Line Operator**

*Vulsay Industries, Brampton.*

May 2004 – March 2024

- Load and supply bottles, caps, labels on equipment and operate equipment in the most efficient manner to ensure production targets are met.
- Perform changeovers on all filling, capping and labelling machines when the schedule requires a size change.
- Perform line cleaning of fillers, conveyors, and inline equipment to remove accumulated soaps and solutions after each production run.
- Maintain a clean, well-organized work area.
- Perform task as requested by your manager that may not be listed in this document but relate to the safe and effective operation of the plant.
- Perform monitoring and inspections of specific criteria relating to fillers, conveyors, cappers, labelers and tapers during each production run.

## Education

### **Ontario College Certificate, Personal Support Worker.**

Southbrook Retirement Residence, Brampton

### **Medication Administration & Documentation Advanced Program**

Springfield College of Healthcare, Management & Technology

### **Personal Support Worker Training**

*Southbrook Retirement Residence, Brampton*

July 2023 – August 2023

## Skills

- Assistance in daily living activities
- Oral and dental hygiene
- Administering medication
- CPR
- Intercultural communication
- Empathy
- Active listening
- Problem-solving
- Conflict resolution

## Licenses & Certifications

- Standard First Aid & CPR, Level C.
- Driving Instructor Certification

## Languages

- Hindi
- English
- Punjabi