

Pritibala Mistry

Brampton, ON | (647)-284-5482 | pritimistry83@gmail.com | [linkedin.com/in/pritibala-mistry-589a30381](https://www.linkedin.com/in/pritibala-mistry-589a30381)

Professional Summary

Compassionate and certified Personal Support Worker with hands-on experience with over 50 patients in community and long-term care. Skilled in dementia care (GPA-trained), CPR/First Aid, safe transfers, and infection control. Recognized for empathy, clear communication, and promoting resident dignity and comfort.

Work Experience

Personal Support Worker – Private Family Employer, Brampton, ON

August 2025 to September 2025

- Provided full ADL support, including bathing, dressing, grooming, feeding, toileting, and incontinence care (diaper changes, hygiene).
- Assisted with mobility and safety through transfers, repositioning, and guided walks/activities, while monitoring health changes and giving medication reminders.
- Enhanced client well-being with meal preparation, light housekeeping, and companionship, engaging in conversation and recreational activities to reduce isolation.

Personal Support Worker – Private Family Employer, Brampton, ON

April 2025 to June 2025

- Assisted with meal planning and feeding, ensuring proper nutrition and hydration while adapting to swallowing difficulties and appetite changes.
- Managed challenging dementia behaviours (confusion, restlessness, nighttime wandering) using redirection, reassurance, and a calm environment to reduce agitation.
- Facilitated daily structure and stimulation through memory games, music therapy, and simple household tasks to promote independence and preserve cognitive function.

Personal Support Worker – Villa Forum Long Term Care Residence, Mississauga, ON

September 2024 to January 2025

- Provided dementia support using Gentle Persuasive Approaches (GPA) to de-escalate responsive behaviors and create a safe, reassuring environment.
- Assisted more than 20 residents with daily living activities such as bathing, grooming, dressing, and feeding, while encouraging autonomy and preserving dignity.
- Delivered care during a COVID-19 outbreak, strictly adhering to public health protocols and PPE guidelines to ensure safety for residents and staff.

Education & Certifications

Personal Support Worker Certificate – National Association of Career Colleges

February 2025

PSW Program (400 hrs) – A1 Global College, Mississauga, ON

May 2024 to December 2024

▪ Person-centered Care ▪ Palliative & End-of-Life Care ▪ Safety & Emergency Response ▪ Documentation & Record Keeping

Gentle Persuasive Approaches (GPA) – Advanced Gerontological Education

September 2024

Blended Standard First Aid & CPR/AED Level C – F.A.S.T Rescue Inc.

September 2024 to September 2027

Basic Life Support (BLS) – F.A.S.T Rescue Inc.

September 2024

Skills

Dementia & Alzheimer's Care (GPA)

CPR / First Aid / BLS

Safe Lifts & Transfers

Infection Control Practices

Palliative & End-of-Life Support

Strong Communication & Multilingual