

Rajdeep Kaur

Brampton, ON , 647-869-2973

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PROFESSIONAL SUMMARY

Compassionate and reliable Personal Support Worker with experience providing personal care, mobility assistance, and emotional support to seniors and individuals with cognitive or physical limitations. Skilled in ADLs, safety monitoring, infection control, and client-centered care. Strong communication, patience, and teamwork abilities developed through PSW roles and customer-facing environments.

CORE SKILLS

- ADLs: Bathing, Dressing, Toileting, Feeding
- Mobility Assistance, Transfers, Safe Lifting
- Medication Reminders & Care Plan Follow-Through
- Dementia Support & Behaviour Redirection
- Infection Control & Housekeeping Support
- Meal Prep & Nutrition Assistance
- Client Communication, Documentation
- Emotional Support & Engagement Activities
- CPR/First Aid Certified
- Languages: English, Punjabi, Hindi

PSW & CARE EXPERIENCE Personal Support Worker (Internships)

Maple Grove Community Care / Southbrook Retirement Home – Brampton, ON
(2018)

- Assisted with personal hygiene, grooming, toileting, feeding, and dressing.
- Supported safe ambulation, mobility, and transfer techniques.
- Reported changes in client behavior and followed established care plans.
- Prepared meals, completed light housekeeping, and maintained infection control.
- Provided companionship and escorted residents to activities and appointments.

Live-In Caregiver (2008–2011)

- Delivered full personal care, meal preparation, and emotional support.
- Assisted with mobility, lifting, and range-of-motion exercises.
- Maintained a safe and clean home environment for clients.

ADDITIONAL EXPERIENCE

**Customer Service Representative / Supervisor – Sweet Palace Restaurant
(2018–2025)**

- Assisted diverse customers, managed concerns, and maintained a welcoming environment.
- Trained new staff, managed scheduling, and maintained inventory.

Receiver / Inventory Associate – Indigo, Brampton, ON (2015–2017)

- Managed shipment verification, product organization, and safe lifting procedures.

EDUCATION & CERTIFICATIONS

- Personal Support Worker Certificate – Trios College
- CPR Level C & First Aid (HCP Level) – Canadian Red Cross
- GED – Sheridan College
- Ontario G-Class Driver's Licence
- Ontario Security Guard Licence