

# MICA LAGUERRE

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Hawkesbury ON  
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## SUMMARY

- Certified PSW with over 9 years of experience in home care and nursing home settings. Compassionate professional in personal care, known for high productivity and efficient task completion. Possess specialized skills in elderly support, disability care, and health monitoring. Excel using empathy, communication, and time management to enhance client well-being and comfort.
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## PROFESSIONAL EXPERIENCE

### THE VILLAGE OF GLENDALE CROSSING

London, ON

#### Personal Support Worker

07/2017 to Current

- Recorded vital signs, including temperature, pulse, respiration rate and blood pressure.
- Supported bathing, dressing and personal care needs.
- Obtained sources of entertainment for clients to provide full and enjoyable daily activities.
- Developed positive relationships with patients by demonstrating empathy and respect for their needs.
- Maintained daily living standards by assisting clients with personal hygiene needs.
- Prepared meals according to dietary needs of individuals served.
- Maintained clean and well-organized environment for client happiness and safety.
- Reported concerns to nurse supervisor to promote optimal care.

### HAMILTON CONTINUING CARE

Hamilton, ON

#### Personal Support Worker

01/2015 to 01/2017

- Lifted, moved and adjusted clients to ambulate individuals for diverse needs.
- Provided personal hygiene assistance including oral care, shampooing hair, changing bed linens.
- Partnered with registered nurses and physiotherapists to provide care to patients.
- Observed clinical conditions of patients while providing direct patient care services.

### BAYSHORE HEALTH SERVICES

Hamilton, ON

#### Personal Support Worker

01/2012 to 01/2015

- Bathing, dressing, grooming patrons
- Assisting with dietary needs
- Lifting/turning/moving patients
- Provided & planned for leisure activities & supervision of recreational field trips
- Monitored daily patient status/changes & documented patient care on charts
- Provided assistance and care to clients in their individual homes

### CAN-CARE HEALTH SERVICES

Hamilton, ON

#### Personal Support Worker

01/2009 to 01/2012

- Managed inventory and supplies to ensure materials were available when needed.
- Maintained updated knowledge through continuing education and advanced training.
- Operated a variety of machinery and tools safely and efficiently.
- Assisted clients with maintaining good personal hygiene.

### ST. OLGA'S LIFE CARE CENTRE

Hamilton, ON

#### Personal Support Worker (Placement)

01/2009

- Bathing, dressing, grooming patrons
- Assisting with dietary needs
- Lifting/turning/moving patients
- Supervised exercise routines of patrons

- Provided & planned for leisure activities & supervision of recreational field trips
- Monitored daily patient status/changes & documented patient care on charts
- Provided assistance and care to clients in their individual homes

**QUEEN'S GARDEN RETIREMENT**  
Hamilton, ON

**Personal Support Worker (Volunteer)**

01/2009

- Bathing, dressing, grooming patrons
- Assisting with dietary needs
- Lifting/turning/moving patients
- Supervised exercise routines of patrons
- Provided & planned for leisure activities & supervision of recreational field trips
- Monitored daily patient status/changes & documented patient care on charts
- Provided assistance and care to clients in their individual homes

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**SKILLS**

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| <ul style="list-style-type: none"> <li>• Privacy and confidentiality</li> <li>• Client advocacy</li> <li>• Health monitoring</li> </ul> | <ul style="list-style-type: none"> <li>• Personal safety awareness</li> <li>• Personal hygiene assistance</li> </ul> |
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**EDUCATION**

**PERSONAL SUPPORT WORKER DIPLOMA**  
Central Health Institute, Hamilton, ON

01/2009

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**CERTIFICATIONS**

- First aid
- CPR

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**LANGUAGES**

**English:**

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Professional

**French :**

██████████ ██████████ ██████████ ██████████ ██████████  
Professional

**Creole :**

██████████ ██████████ ██████████ ██████████ ██████████  
Professional

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**REFERENCES**

References available upon request.