

[Sapna Gupta]

[Vaughan, Ontario L4H 0P4] | [437 264 4951] | [[Sapnagupta26september1999@gmail.com](mailto:Sapnagupta26september1999@gmail.com)]

## Professional Summary

Compassionate and dedicated **Personal Support Worker** with hands-on experience in providing high-quality care to residents in long-term care and community settings. Skilled in assisting with daily living activities, mobility support, personal hygiene, and emotional well-being. Adept at fostering a safe, respectful, and comfortable environment for clients with diverse health conditions. Certified in CPR and First Aid, with a strong commitment to resident-centered care and team collaboration and professional ethics.

## Work Experience & Skills or Competence as a Personal support worker

### Long-Term Care Placement [Yee Hong center for Geriatric Care, Mississauga] Sept2024toOct2024

- Provided compassionate care to elderly residents with conditions such as stroke, diabetes, and mobility challenges.
- Assisted with morning and evening routines, including dressing and grooming.
- Engaged residents in activities and encouraged social interaction.
- Assisting with feeding and meal preparation
- Effective communication and emotional support
- Observing and reporting health changes
- Maintained accurate records of care provided.

### Community Placement [March of Dimes Canada Britannia place, Unit 106, Mississauga, ON] Oct to Dec

- Assisted residents with daily activities, personal hygiene, and mobility support (mechanical lifts, wheelchair transfers)
- Laundry, housekeeping, and maintaining a clean environment.
- Provided peri care, changed briefs, and followed sterile techniques for catheter care.
- Observed and reported any health changes to the care team.
- Supported meal preparation and feeding for residents with special diets.
- Maintained accurate records of care provided.

Worked as a PSW at the Village of Erin Meadows (Retirement home) July to February 2025 (Part time)

Working as a PSW at the Mississauga long term care Facility January to continue (Casual shift)

## Education

- Pre- Health Science Pathway Diploma, Seneca College, King, ON (December 2025)
- Personal Support Worker Diploma, Sheridan College, Mississauga, ON (December,2024)
- Bachelor of computer Application (Lovely professional university from India 2023)
- Secondary high level of education from India 2017

## Certifications:

- Standard First Aid and CPR Level C Certificate
- GPA & LIPHA Certificate
- N95 Mask Fit
- WHIMS/Worker Health and safety awareness certificate
- Food Handlers Certificate
- PSW/HCA Micro credential Certificate

**Languages:** English (Fluent), Punjabi, Hindi

**Relocation:** Willing to relocate

**Availability:** Full Time