

Sagal Aden

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OBJECTIVE

To obtain a position as a **Personal Support Worker** in a progressive environment where my skills, training and experience can be utilized to its fullest potential.

SKILLS AND ABILITIES

- Qualified Personal Support Worker with highly developed: healthcare
- Well-organized, reliable, and a resourceful individual
- Quick learning and hardworking individual
- Outstanding communication skills both written and oral
- Knowledgeable and solution oriented
- Self-motivated and able to function well independently or in a team environment
- Ability to work independently or as a member of a team.
- Motivated individual and open to gaining new skills

EMPLOYMENT EXPERIENCE

Personal Support Worker

Nov 2022-Sept 2023

Home Instead- 290 N Queen St Suite, 224 Etobicoke, ON M9C 5L2

- Provided care for daily activities such as showering, dressing, feeding, bathroom needs.
- Engaged patients in meaningful conversation, socialization, and activity while providing personal assistance.
- Followed principles of hygiene and standard precaution to prevent infection.
- Assisted dementia patients with daily routines with patience and stellar apprehension.
- Build strong relationships with clients to deliver emotional support and companionship.
- Organized lunch and breakfast and planned and prepared meals and special diets.
- Provided housekeeping duties such as laundry, making beds and washing dishes.
- Accompanied the clients with their appointment, shopping, and outing excursions.
- Documented vitals, behaviour, and medications in client medical records.

Private personal support worker

Sept 2023 - Present

4180 Dundas St W Etobicoke ON M8X 1X8 Canada

- Administers personalized care routines tailored to each client's needs, including assistance with hygiene, dressing, and mobility.
- Engage in compassionate communication and companionship to enhance the well-being and social interaction of clients.
- Implement safety protocols and practices infection control measures to maintain a clean and secure environment.
- Prepares nutritious meals according to dietary requirements and assists with feeding if necessary.
- Coordinates appointments, accompanies clients to outings, and manages household tasks like light cleaning and organizing.

EDUCATION

Personal Support Worker Diploma

2010

Brampton, ON

REFERENCES WILL BE PROVIDED UPON REQUEST