
PERSONAL SUPPORT WORKER

Working with individuals from diverse cultures and backgrounds; providing health care for seniors, children and adults with mobility difficulties, intellectual and developmental disabilities

HIGHLIGHTS OF QUALIFICATIONS:

- Certified personal support worker with exceptional interpersonal and comprehension skills with constant endeavours to improve and develop effective communication skills
 - Natural ability to make a positive difference in people's lives by conducting self in a manner that promotes the independence and dignity of the client
 - Familiarity and strong compliance to all health and safety regulations and reports any injury, illness, unsafe acts or conditions
 - Outstanding ability to prioritize and organize tasks according to institutional and resident needs
 - Demonstrated strong problem solve skills, sound clinical judgment and crisis prevention intervention skills
 - Proficient in filling out necessary forms/surveys and completing mandatory paper and computer charting
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PERSONAL SUPPORT WORKER EXPERIENCE:

- (2018)
Personal Support Worker
Source Momentum Health Care
Toronto, ON
 - Attended to the clients daily physical and emotional needs while helping to relieve loneliness, provide comfort, encourage independence, and promote the client's self-image
 - Followed individual care plans, observing and reporting any substantial findings and/or changes in client's behaviour to the appropriate registered member of healthcare team
 - Administered bedside and personal care to clients such as aid in ambulation, positioning, and transferring using mechanical lifts as well as bathing, personal hygiene, dressing and undressing
 - Organized menus, prepared and served meals including special diet plans and assisted in feeding clients
 - (2014 – 2018)
Personal Support Worker
Chester Village Nursing Home Toronto, ON
 - Coordinated and participated in a variety of games and activities such as reading, card games, walking, shopping, movies and lunches
 - Documented and reported any safety issues to the Community Resident Manager
 - Observed clients in their daily activities and completed reports to improve their activities
 - Performed routine housekeeping duties such as laundry, washing dishes and making beds
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OTHER WORK HISTORY:

Cleaner, GDI Services – Toronto, ON (2021 – 2025)
Cleaner, TRZ Group of Companies Ltd. – Toronto, ON (2010 – 2013)

EDUCATION & TRAINING:

Occupational Health & Safety Awareness, Worksite Safety Training – Toronto, ON (2026)
CPR/First Aid Certification, Red Cross Canada – Toronto, ON (2026)
WHMIS, Worksite Safety Training – Toronto, ON (2026)
Personal Support Worker Diploma, Pharma Medical Science College – Toronto, ON (2014)
ESL Certificate, Toronto District School Board – Toronto, ON (2010)