

# Oluwadamilola Tijani

## *Personal Support Worker*

✉ Dammytijani@gmail.com ☎ +1 548 577 3850 📍 Waterloo, Canada

### PROFILE

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Compassionate Personal Support Worker with proven experience in long-term care settings, dedicated to providing resident-centered care with dignity and respect. Skilled in assisting with activities of daily living, implementing care plans, and maintaining detailed documentation. Experienced in working collaboratively with interdisciplinary healthcare teams while following established protocols and procedures. Committed to creating a positive environment that enhances residents' quality of life and promotes independence.

### PROFESSIONAL EXPERIENCE

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#### **PERSONAL SUPPORT WORKER**

*PeopleCare Communities Hilltop Manor Long-Term Care*

03/2024 – present  
Cambridge, ON

- Provide comprehensive personal care to residents including bathing, dressing, grooming, and toileting according to individual care plans
- Assist residents with safe transfers using mechanical lifts and proper body mechanics, following established protocols
- Monitor and document residents' physical and emotional conditions, promptly reporting changes to nursing staff
- Support feeding and hydration needs, accurately documenting intake and following dietary requirements
- Maintain clean, organized resident environments while ensuring safety and comfort
- Participate in care conferences and shift reports, contributing observations to support resident care planning
- Assist with implementation of restorative care programs to promote resident independence
- Document all care activities accurately according to organizational policies and procedures
- Respond promptly to resident call systems and emergency situations
- Collaborate effectively with the interdisciplinary healthcare team to ensure continuity of care

#### **HEALTHCARE ASSISTANT**

*The Comforter Hospital and Maternity*

02/2023 – 02/2024  
Surulere, Lagos

- Assisted healthcare professionals with direct patient care in a hospital and maternity setting
- Monitored and recorded vital signs including temperature, blood pressure, and heart rate
- Assisted with patient mobility and transfers using proper techniques to ensure safety
- Provided personal care support including bathing, grooming, and feeding assistance
- Prepared patients for medical examinations and assisted during procedures
- Maintained clean and sanitized patient rooms according to infection control protocols
- Collaborated with nursing staff to implement care plans and monitor patient progress
- Assisted with documentation of patient information and healthcare records
- Provided emotional support to patients and families during hospital stays
- Transported specimens and assisted with basic medical equipment preparation

## EDUCATION

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### Ontario College Diploma in Computer Programming

*Conestoga College*

Waterloo, Canada

### Personal Support Worker Certificate

*Domino College of Business, Health and Technology*

12/2023

ON

- Specialized training in geriatric care, restorative approaches, and activities of daily living
- Coursework in healthcare systems, documentation, and professional communication

## SKILLS

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### Resident Care & Support

- Comprehensive personal hygiene assistance (bathing, nail grooming, oral care)
- Safe transfer techniques using mechanical lifts and proper protocols
- Implementation of bowel and bladder programs
- Specimen collection and monitoring
- Application of topical medications under RPN/RN direction

### Documentation & Communication

- Accurate documentation of care provided and daily living activities
- Observation and reporting of physical/emotional changes
- Completion of daily flow sheets and resident records
- Effective participation in shift reports and care conferences
- Professional communication with residents, families, and team members

### Resident Engagement & Support

- Meal service assistance and feeding support with intake documentation
- Encouraging participation in recreation and restorative care programs
- Resident transportation and accompaniment to appointments
- Support for rehabilitation exercises and mobility assistance
- Creating comfortable, clean living environments

### Safety & Environment Management

- Maintenance of resident rooms, equipment, and common areas
- Identification and reporting of safety hazards
- Implementation of infection control protocols
- Emergency response procedures (Code Yellow)
- Proper handling and care of resident belongings

## CERTIFICATES

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- CPR/AED/First-Aid Certification - National CPR Foundation, Canada (December 2023)
- Complete COVID-19 Vaccination Series
- Valid Vulnerable Sector Police Check (Level 3)
- Negative TB Test