

TISHA TISHA

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PROFESSIONAL SUMMARY

Compassionate and reliable Personal Support Worker with experience providing high-quality personal care and emotional support to clients in home and retirement home settings. Skilled in assisting with daily living activities, promoting dignity and independence, and maintaining a safe, clean environment. Known for patience, strong communication skills, and a client-centered approach to care.

SKILLS

- Personal care (bathing, grooming, toileting)
- Assisting with mobility & transfers (Hoyer lift, gait belt)
- Meal preparation & feeding assistance
- Vital signs monitoring
- Dementia & Alzheimer's care
- Infection control & safety procedures
- Emotional support & companionship
- Documentation & care reporting
- Time management & teamwork

WORK HISTORY

**Personal Support Worker – Private Home Care
Elderly Couple (Private Residence) — North York
Sept 2025 – Present**

- Provided daily personal care including bathing, dressing, grooming, and toileting
- Assisted with mobility, transfers, and fall prevention

- Prepared meals according to dietary needs
- Monitored physical and emotional well-being and reported changes to family
- Provided companionship and emotional support
- Maintained a safe, clean, and organized home environment.

**Personal Support Worker / Caregiver
Private Client May/2025 – Dec 2025**

- Delivered one-on-one personal care in home settings
- Assisted with transfers, repositioning, and mobility aids
- Monitored client comfort and well-being
- Maintained client confidentiality and dignity at all times

The Briton House – Toronto, ON | June 2025 – November 2025

- Provided personal care including bathing, grooming, dressing, toileting, and feeding according to individualized care plans.
- Assisted residents with mobility, transfers, and positioning using proper body mechanics.
- Supported residents with dementia using person-centered care approaches.
- Observed, documented, and reported changes in residents' physical and emotional condition.
- Maintained resident dignity, privacy, safety, and confidentiality.
- Encouraged participation in recreational and social activities.

Swing Manager

McDonald's – Etobicoke, ON | June 2023 – Present

- Coordinated staff schedules and supported daily operations.

- Ensured compliance with safety and workplace protocols.
- Trained team members on procedures and equipment usage.
- Resolved guest concerns to maintain high customer satisfaction.

Education

- Personal Support Worker Certificate November 2025 A1 Global College – Mississauga, ON
- Computer Programming – June 2025 Niagara College–Toronto, ON

Certifications

- CPR & First Aid
- WHMIS
- Infection Prevention & Control
- Personal Support Worker Certificated
- GPA Certification
- CPR Certification
- First Aid
- G2 Driver's License
- Mask fit certificated