



77 POMELL TRAIL, BRAMPTON, CANADA, L6P3J6 •  
SKKAHLON21097@GMAIL.COM • 9055988347

# SANDEEP KAUR

PSW

## PROFESSIONAL SUMMARY

Personal Support Worker with a compassionate approach to caregiving, dedicated to enhancing the quality of life for residents. Demonstrates proficiency in utilizing mechanical lifts and documenting care activities, ensuring safety and compliance. Passionate about fostering a nurturing environment and collaborating with healthcare professionals to achieve optimal health outcomes.

## EMPLOYMENT HISTORY

### CARETAKER

*Private home*

Mar 2025 - Aug 2025

*Brampton*

- ◆ Ensured Jennifer's well-being through personal care and timely medication.
- ◆ Facilitated safe mobility and maintained a clean environment, enhancing comfort.
- ◆ Provided emotional support, fostering a stress-free atmosphere for improved mental health.
- ◆ Provided compassionate care to clients, fostering a nurturing environment that promoted emotional well-being and trust.
- ◆ Assisted with daily living activities, enhancing clients' independence and overall quality of life.
- ◆ Coordinated with healthcare professionals to ensure comprehensive care plans, leading to improved health outcomes.

## EDUCATION

### PSW

*Nacpt Pharma college*

May 2025 - Oct 2025

*Brampton*

- Completed 300 hours of hands-on placement experience:
- 200 hours in long-term care at Woodheaven Age Care, Markham
- 100 hours in a retirement home at 67 Belgreen Avenue, Scarborough
- Passed the NACC theoretical exam with a score of 89%

## SKILLS

Time Management, Team Collaboration, Safety Awareness, Nutritional Support, Palliative Care, End-of-Life Care, Mental Health Support, Holistic Wellness, Mobility Assistance, Patient Care.

## INTERNSHIPS

### PSW

*Agecare Woodheaven*

Sep 2025 - Oct 2025

*Markham*

- ◆ Provided essential care to residents, enhancing comfort and well-being through daily assistance.
- ◆ Utilized mechanical lifts for safe resident transfers, ensuring efficient and secure handling.
- ◆ Documented care activities using POC systems for reliable and compliant record-keeping.
- ◆ Monitored dietary intake, promptly reporting critical changes to nursing staff for timely interventions.
- ◆ Facilitated engaging activities to promote social interaction and improve residents' quality of life.

### PSW

*Bethseda Retirement home*

Aug 2025 - Sep 2025

*Scarborough*

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## REFERENCES

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**Cora**, Agecare Woodheaven ; **Nelly Balliram**, Agecare Woodheaven (*Nelly.Balliram@agecare.ca, 90547233200#551*);  
**Shmaya**, Bethesda retirement home.

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## LANGUAGES

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English (*Highly proficient*).

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## CUSTOM SECTION

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### CERTIFICATIONS

Standard first aid , CPR and AED  
GPA for responsive behaviour  
Food handler  
WHMIS  
Food safety

### DOCUMENTATION

Valid PSW certificate (Oct, 2025)  
Vulnerable sector police check (July 23, 2025)  
Updated immunization DPT, MMR, Varicella, Hep B record including TB test  
Fully vaccinated for COVID  
Standard First aid with CPR C & AED