

VERONICA EKENEM SUNDAY

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PROFESSIONAL SUMMARY

Compassionate and dedicated Support Worker with extensive experience providing personal care and assistance with Activities of Daily Living (ADLs) in retirement and community care settings. Skilled in personal hygiene care, medication administration, documentation, companionship, and basic nursing care. Proven ability to observe, identify, and promptly report changes in residents' physical, emotional, and mental well-being to Registered Practical Nurses and Charge Nurses. Strong communication skills with a commitment to safety, dignity, infection control, and quality care.

CORE COMPETENCIES

- Assistance with Activities of Daily Living (ADLs): bathing, grooming, feeding, ambulation, toileting
- Personal hygiene care and basic nursing care
- Medication administration and documentation
- Resident transfers, lifts, repositioning, and mobility support
- Accurate record keeping and chart documentation
- Meal service, nourishment delivery, and feeding assistance
- Companionship, emotional and social support including palliative care
- Infection control, health and safety, and use of equipment
- Observation, reporting, and escalation of changes in resident condition
- Participation and support in recreational and activity programs

PROFESSIONAL EXPERIENCE

Support Worker | Care Partner – Brampton (Nov 2022 – Aug 2025)

- Provided direct personal care to residents in accordance with individualized care plans.
- Assisted clients with ADLs including bathing, grooming, feeding, ambulation, and toileting.
- Supported residents with transfers, lifts, repositioning, and exercises while meeting safety needs.
- Administered medications as prescribed and maintained accurate medication records.
- Observed, documented, and reported changes in residents' physical and emotional condition to nursing staff.
- Completed daily documentation, incident reports, and care records accurately and thoroughly.
- Encouraged participation in social and recreational activities by assisting residents to and from programs.
- Assisted with meal service, nourishment delivery, and feeding assistance as required.
- Provided emotional, social, and companionship support to residents and families, including palliative care.
- Adhered to infection control standards, health and safety regulations, and organizational policies.

EDUCATION

Diploma in Nursing Assistant – Skill Development Council Canada (2025)

Diploma in Developmental Service Worker – CLI College of Business, Health & Technology (2022)

Peace and Development Studies – Linnaeus University, Sweden

CERTIFICATIONS

- Food Handlers Certificate (2024)
- Medication Administration Certification
- Standard First Aid & CPR/AED Level C – Canadian Red Cross (2024)
- Crisis Prevention Intervention (CPI) (2024)
- Applied Behaviour Analysis (2024)
- Medical & Pharmacology Training (2024)
- WHMIS and Worker Health & Safety Awareness

ADDITIONAL INFORMATION

- Proof of COVID-19 Immunization available
- Valid CPR Certificate
- TB Skin Test / Chest X-ray (within last 2 years)
- Clean Vulnerable Sector Police Check (within last 3 years)
- Knowledge of CPI, Mental Health, Diabetes, and Dementia care
- Strong communication and interpersonal skills