

OGBOLE PATRICK EFE

Personal Support Worker/Nursing Assistant

121 Trudelle Street, Scarborough, M1J 3k4

Ontario •

437-566-2633 •

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OBJECTIVE

Compassionate and dedicated Personal Support Worker with hands-on experience in long-term care, retirement homes, and hospital settings. Skilled in assisting residents with daily living activities, providing emotional support, and collaborating with healthcare professionals to ensure high-quality care. Committed to promoting dignity, independence, and safety for all individuals under care.

PROFESSIONAL EXPERIENCE

RNS Healthcare – Part-Time

Personal Support worker (Home and Community care)

October 2025 – Till date

- Provide compassionate personal care and assistance with daily living activities such as bathing, grooming, dressing, and toileting.
- Support clients with safe mobility, transfers, and positioning to prevent falls and injuries.
- Assist with meal planning, preparation, and feeding while promoting healthy nutrition and hydration.
- Support community engagement by accompanying clients to appointments, errands, and social activities.
- Perform light housekeeping duties including laundry, cleaning, and maintaining a safe home environment.

Delmanor Wyndford Retirement Home – Toronto, ON – Full Time

Personal Support Worker

Aug 2025 – September 2025

- Deliver personalized care to residents, promoting dignity, independence, and emotional well-being.
- Assist with activities of daily living (ADLs), including bathing, dressing, grooming, feeding, and mobility support.
- Provide companionship and engage residents in recreational and social activities.
- Monitor residents' conditions, report health changes to nursing staff, and assist with medication reminders.
- Maintain documentation of care provided and ensure adherence to infection control and safety protocols.

The Glebe Center – Long-Term Care, Ottawa, ON – Full Time

Personal Support Worker

Jan 2024 – July 2025

- Supported residents with daily personal care needs in a long-term care setting.
- Provided emotional support, companionship, and encouragement to promote quality of life.
- Assisted in feeding, hydration, and mobility using safe transfer techniques and assistive devices.
- Observed and recorded changes in residents' physical and mental health, reporting promptly to nurses.
- Ensured a clean, safe, and comfortable environment for all residents.

EDUCATION

AMBROSE ALLI UNIVERSITY – Ekpoma, Edo State

Bachelor of Science in Psychology, May 2011

Alpha Career College, Toronto – NACC certified

Personal Support Worker (PSW CERT)

CERTIFICATIONS &

SKILLS

- G CLASS DRIVER LICENSE
- STANDARD FIRST AID WITH CPR-C & AED CERTIFICATION
- Worker Health and Safety Awareness in 4 Steps CERT
- GENTLE PERSUASIVE APPROACH CERT (GPA CERT)
- MASK FITTING CERT