
AMARACHI UMEOKOLI

1- 3550 Colonial Drive
Mississauga, Ontario, L5L 0C1
437-667- 3977

Professional Summary

Compassionate and dedicated Personal Support Worker (PSW) with 7 years of experience providing high-quality care to elderly, disabled, intellectually and developmentally disabled, and chronically ill clients in both home and long-term care settings. Proven ability to assist with daily living activities, ensure patient comfort and safety, and communicate effectively with families and healthcare teams.

Certified in CPR/First Aid and committed to upholding dignity and respect for all clients.

Key Skills

- Personal Care Assistance (bathing, grooming, toileting)
 - Medication Reminders
 - Administration of medication
 - Food Handling
 - Mobility & Transfer Support
 - Dementia & Alzheimer's Care
 - Vital Signs Monitoring
 - Household Management
 - Companionship & Emotional Support
 - Infection Control & Safety Protocols
 - Excellent Communication Skills
 - Documentation & Reporting
-

Professional Experience

Direct Support Staff

Central West Specialized Developmental Services,
Oakville

November 2025 – Present

- Personal Care Support
- Support in Daily Living Skills
- Medication and Health Support
- Behavioural and Emotional Support
- Community Participation
- Documentation and Reporting
- Advocacy and Rights Protection
- Collaboration with Family and Teams
- Safety and Supervision

Personal Support Worker

Sorrento Retirement Residence, Bolton

February 2023 – October 2025

- Provide personalized care to up to 10 residents per shift, including bathing, dressing, feeding, and mobility support.
- Monitor and document changes in residents' health and report to nursing staff.
- Use mechanical lifts safely for client transfers.
- Promote client dignity and independence through person-centered care.
- Assist in recreational activities and meal preparation to enhance quality of life.

Personal Support Worker

Igbobi Hospital, Lagos State, Nigeria.

January 2021 – August 2023

- Supported an elderly client with mobility challenges and early-stage dementia.
- Managed light housekeeping, meal preparation, and grocery shopping.
- Provided companionship, administered medication reminders, and ensured safety in the home environment.
- Communicated regularly with family members to discuss progress and concerns.

Education & Certification

Personal Support Worker Certificate

*Alpha Career College, Toronto, ON Graduated:
2025*

Certifications:

- CPR & First Aid
- WHMIS & Infection Prevention Training

- Vulnerable Sector Check – Cleared
 - NACC certificate
 - Safe Management Group (SMG)
 - Food Handling Certificate
 - Gentle Persuasive Approach (GPA)
 - N95 Mask fit test
-

Additional Information

- Fluent in English
- Valid Ontario Driver's License & Reliable Transportation
- Flexible schedule: Days, evenings, weekends, and holidays

References Available upon request
