

BHUPINDER KAUR DHILLON

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PERSONAL SUPPORT WORKER (PSW)

Compassionate and dependable Personal Support Worker with experience in long-term care, home care, and community support settings.

HIGHLIGHTS

- Experience in LTC, home care, and community support
- Skilled in dementia, Alzheimer's, palliative, and stroke care
- Knowledge of IPAC, resident safety, and fall prevention
- Strong communication, teamwork, and documentation skills
- Experience using mechanical lifts and mobility equipment

CORE COMPETENCIES

ADLs, Personal Care, Safe Transfers & Mobility Support, Hoyer Lift, Sit-to-Stand Lift, Wheelchair Assistance, Gait Belt Assistance, Dementia & Alzheimer's Care, Palliative Care, Catheter & Ostomy Care, Feeding Assistance, Medication Reminders, IPAC, Documentation & Reporting, Emotional Support, Team Collaboration

EXPERIENCE

Personal Support Worker – Home Care (2024–Present)

- Provide personal care including bathing, dressing, grooming, toileting, and hygiene assistance
- Assist mobility, transfers, repositioning using mechanical lifts
- Support feeding, meal prep, and medication reminders
- Follow IPAC protocols and report client changes

Student Practicum – Madison Village (LTC), Hamilton

- Assisted residents with ADLs and mobility support
- Provided dementia, Alzheimer's, palliative, and stroke care
- Used Hoyer lift and sit-to-stand lift safely
- Followed care plans and documented care

Community Support – March of Dimes Canada

- Supported clients with disabilities in daily living and mobility
- Encouraged independence and social participation
- Provided emotional support and companionship

EDUCATION

Office Administration – Health Services Diploma, St. Clair College

CERTIFICATIONS

PSW Certificate (NACC), CPR & First Aid Level C, GPA Training, N95 Fit Test, Vulnerable Sector Check