
Gbemisola Adekpe

Etobicoke, Ontario M9R 1W1 | 4376078115 | gbemiawonusi@gmail.com

Professional Summary

Compassionate and dedicated Personal Support Worker with 1 year of experience providing high-quality care to elderly, disabled, and recovering clients in home care and long-term care settings. Skilled in assisting with activities of daily living, mobility support, personal hygiene, meal preparation, medication reminders, and emotional support. Strong communication, observation, and interpersonal skills with a commitment to maintaining client dignity, comfort, and safety.

Core Competence

- Personal Care Assistance
- Activities of Daily Living (ADLs)
- Mobility and Transfer Support
- Patient Safety and Comfort
- Infection Prevention and Control
- Meal Preparation and Feeding Assistance
- Medication Reminders
- Vital Signs Monitoring
- Dementia and Alzheimer's Care
- Documentation and Reporting
- Client-Centered Care

- Team Collaboration
 - CPR & First Aid
 - Communication and Interpersonal Skills
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Professional Experiences

PERSONAL SUPPORT WORKER | Dec 2025 – Jan 2026

ONE KENTON PLACE – North York, Ontario

- Assisting residents with activities of daily living (ADLs).
- Assisting residents with mobility, transfers, and walking.
- Observing residents and reporting any behavioral, physical, or cognitive changes to the appropriate authorities.
- Maintaining resident's privacy, dignity, and autonomy.
- Maintaining proper hygiene before, during and after resident's care.
- Assisting residents with meal preparations as well as feeding.
- Documenting care given to residents in progress notes.

CAREGIVER/SUPPORT WORKER |

Snowdon Residence, Montreal QC

- Provided compassionate personal care and assistance with bathing, grooming, dressing, and toileting for clients.
 - Assisted clients with mobility, transfers, repositioning, and use of mobility aids while following safety procedures.
 - Supported clients with meal preparation, feeding assistance, and maintaining proper nutrition and hydration.
 - Monitored clients' physical and emotional well-being and reported changes to supervisors and healthcare professionals.
 - Maintained accurate documentation of care activities, observations, and client progress.
 - Assisted with light housekeeping, laundry, and maintaining a clean and safe living environment.
 - Built positive relationships with clients and families through respectful and professional communication.
 - Followed infection control protocols and workplace health and safety standards.
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Education

Certificate Personal Support Worker – UMS Healthcare College – North York, ON 2026

Certifications

- N95 Mask Fit, UMS Healthcare College
- Standard First Aid and CPR, UMS Healthcare College
- Gentle Persuasive Approaches in Dementia Care, UMS Healthcare College
- Advanced Food Safety Certification
- Worker Health and Safety Awareness
- WHMIS
- Nonviolent Crisis Intervention (CPI)

Additional Information

- Fluent in English
- Strong organizational and time-management skills
- Ability to work independently and as part of a multidisciplinary team
- Flexible availability, including evenings, weekends, and holidays
- Valid driver's license and reliable transportation (if applicable)

References

Rosemarie Mcintosh

PSW Supervisor – **One Kerton Place – 1 Kerton Drive, North York, ON M2R 2H6**

Contact: 647-781-9295