

IQBAL KAUR

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Availability: Full Time/ Part Time/ Casual/ All Shifts (Days, Evenings, Nights, Weekends, Holidays)

PROFESSIONAL SUMMARY

Certified **Personal Support Worker (PSW)** with clinical placement experience in **long-term care settings**. Skilled in supporting residents with **Activities of Daily Living (ADLs)**. Experienced in assisting residents with **dementia care, palliative care, hospice support, and behaviour management** using **Gentle Persuasive Approaches (GPA)**. Proficient in **monitoring and documenting vital signs, intake and output, and changes in residents' condition** using **Point of Care (POC)** systems. Strong ability to collaborate with **Registered Nurses (RN), Registered Practical Nurses (RPN), and interdisciplinary health care teams** to support care plans and improve residents' quality of life. Knowledgeable in **safe resident handling techniques**, including mechanical lifts such as **Hoyer lifts and ceiling lifts**, repositioning, and fall prevention strategies. Committed to maintaining **infection prevention and control practices, resident safety, accurate documentation, and professional standards** in accordance with **Ontario Long-Term Care guidelines**

CORE SKILLS

- **Resident Care & Daily Living Support:** Activities of Daily Living (ADLs), bathing, dressing, grooming, toileting, feeding assistance, continence care, personal hygiene support
- **Clinical Monitoring & Health Observation:** Vital signs monitoring, intake and output documentation, reporting changes in resident condition, skin integrity observation, infection prevention practices
- **Mobility & Safety Assistance:** Safe resident transfers, repositioning and turning, ambulation assistance, fall prevention techniques, mechanical lifts (Hoyer lift, ceiling lift), wheelchair positioning
- **Dementia & Behavioural Support:** Dementia care, Gentle Persuasive Approaches (GPA), therapeutic communication, emotional support, person-centered care for responsive behaviours
- **Documentation & Healthcare Technology:** PointClickCare (PCC), Point of Care (POC), electronic health documentation, basic computer skills, accurate care reporting
- **Resident Engagement & Social Support:** Recreational activity support, social interaction encouragement, emotional comfort care, promoting resident independence and dignity
- **Team Collaboration & Professional Skills:** Collaboration with RN/RPN and healthcare teams, communication with residents and families, time management, organization, professional and compassionate care

WORK EXPERIENCE

**Kristus Darzs Latvian Home, Long Term Care, Woodbridge On
Dec 2025 – Jan 2026**

Personal Support Worker – Clinical Placement Responsibilities:

- Assisted residents with **Activities of Daily Living (ADLs)** including bathing, dressing, grooming, toileting, and feeding while promoting dignity and independence.
- Provided **mobility assistance, repositioning, and transfers** using mechanical lifts including **Hoyer lifts and ceiling lifts** following safety protocols.
- Supported residents receiving **palliative and end-of-life care**, focusing on comfort, emotional support, and person-centered care.
- Implemented **Gentle Persuasive Approaches (GPA)** when assisting residents with dementia and responsive behaviours.
- Monitored and documented **vital signs, intake/output, and behavioural changes** using **PointClickCare and Point of Care systems**.
- Followed **infection prevention and control protocols**, including use of PPE and isolation precautions when caring for residents.
- Ensured resident safety by maintaining safe environments, positioning wheelchairs correctly, and implementing **fall prevention strategies**.
- Collaborated with **RNs, RPNs, and other healthcare team members** to support individualized care plans.

Environment: Onsite, Long-Term Care, Resident Care, ALDs Support, Dementia Care, Palliative Care, Vital Signs Monitoring, PointClickCare (PCC), Point of Care (POC), Hoyer Lift, Ceiling Lift, Infection Control, PPE use,

RN/RPN Collaboration

EDUCATION

Personal Support Worker Diploma

Central College of Business and Technology, Mississauga, ON

July 2025 – Jan 2026

Human Resources Management

Algoma University, Brampton, ON

May 2023 - Aug 2024

CERTIFICATIONS

- Standard First Aid & CPR (Level C)
- Gentle Persuasive Approaches (GPA)
- N95 Mask Fit Certification
- Safe and Effective Feeding Training
- Vulnerable Sector Check

