

Kamalpreet Kaur
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Objective

Compassionate and dedicated Personal Support Worker seeking a position where I can provide high-quality care to clients. Committed to improving their quality of life through empathy, respect and support in physical and emotional well-being.

Education

- .Bachelor of Arts, Kumaun University, Nainital Uttarakhand, India
- .Bachelor of Education, Kumaun University, Nainital, Uttarakhand, India
- .Personal Support Worker, Conestoga College, Ontario, Canada

Skills

- . Person-centered care and empathy
- . Assistance with activities of daily living
- . Dementia care support
- . Strong Communication and interpersonal skills
- . Teamwork and collaboration
- . Time management and reliability
- . Safe lifting and transfer techniques
- . Observation and reporting skills

Clinical / Placement Experience

PSW student, Stirling Heights Long Term Care Cambridge, Ontario

- . Assisted residents with activities of daily living (ADLs) including bathing, dressing, feeding, grooming, and toileting
- . Assisted with feeding and ensured proper nutrition and hydration
- . Supported safe mobility using lifts and transfer techniques
- . Monitored and reported changes in residents' condition to nursing staff
- . Practiced proper infection control and hygiene procedures
- . Provided emotional support, companionship to residents and built empathetic relationships with residents
- . Documented care activities as per facility guidelines

Work Experience

1.Assistant Teacher

Shri Guru Nanak Academy Nanakmatta Sahib Uttarakhand, India (2014-2016)

New Light School Nanakmatta Sahib Uttarakhand, India (2017-2020).

- . Supported student's daily routines and activities. Maintained a safe and clean environment.
- . Communicated effectively with students, parents and staff
- . Demonstrated patience, empathy, caregiving and strong teamwork

2.Dementia Caregiver

Private Elder Residence in Home Care, Brampton, Ontario

- . Provided one-on-one, person centered care to an elderly client with dementia in a home setting
- . Assisted with ADLs: bathing, dressing, grooming, toileting and feeding
- . Established structured daily routines to support memory and reduce confusion
- . Ensured a safe home environment by preventing falls and monitoring risks
- . Prepared nutritious meals and supported hydration
- . Provided companionship and emotional support to promote comfort and dignity
- . Performed light housekeeping related to client care (laundry, tidying and organizing)

Certifications

CPR & First Aid

WHMIS

Police Vulnerable Check

Immunization Records

Languages

English, Punjabi and Hindi

Availability

Full-time