
40 Morton Way, Brampton | 416-827-1631 | kashishfdk23@gmail.com

OBJECTIVE

Compassionate and detail-oriented Personal Support Worker with hands-on experience in long-term care and community settings. Skilled in assisting with activities of daily living (ADLs), monitoring vital signs, supporting dementia and palliative care, and maintaining safe and dignified environments for clients. Committed to delivering person-centred care and promoting independence, comfort, and well-being.

SKILLS

Assistance with ADLs and IADLs	Team collaboration in healthcare settings
Patient observation and documentation	Proficient in Microsoft Office and digital documentation tools
Vital signs monitoring and reporting	Multilingual: English, Hindi, Punjabi
Team collaboration in healthcare settings	Strong multitasking and workload prioritization
Dementia and palliative care support	Works effectively under pressure
Safe mobility, transfers, and positioning	Strong interpersonal communication skills
Emotional support and companionship	Independent and team-based work ability

WORK EXPERIENCE

Personal Support Worker (Co-op Placement)

The Village of Erin Meadows, Mississauga, ON

May 2025 – August 2025

- Assisted residents with personal care, including bathing, grooming, dressing, and toileting
- Supported safe mobility, transfers, and positioning to prevent injury
- Monitored and recorded food and fluid intake and reported changes to nurses
- Provided emotional support and promoted dignity and respect
- Followed infection control and workplace health & safety procedures

Community Personal Support Worker (Volunteer)

Southbrook Retirement Residence, Brampton

September 2025 – April 2025

- Assisted elderly clients with hygiene, feeding, and daily living activities
- Provided companionship and emotional support to improve well-being
- Supported mobility and basic exercises under supervision
- Assisted with light housekeeping and maintaining clean living spaces
- Encouraged participation in recreational and therapeutic activities
- Built trusting relationships through empathy and active listening

EDUCATION

Personal Support Worker Certificate

Sheridan College Institute of Technology and Advanced Learning, Mississauga, ON Aug 2025

International Business Management

Canadore College, Mississauga, ON
Aug 2024

Bachelor of Commerce

Punjabi University, India
Aug 2023

CERTIFICATIONS

- Certified Hospice and Palliative Care Social Worker (CHP-SW) – St. Joseph’s Health Care London (2025)
- Gentle Persuasive Approaches in Dementia Care – Ontario CLRI (2025)
- PSW/HCA Micro-Credential – Ontario CLRI (2025)
- Eating Assistance Certificate – Ontario CLRI (2025)
- Team Essentials Certificate – Ontario CLRI (2025)
- First Aid/CPR/AED – Canadian Red Cross (2025–2027)
- N95 Respirator Fit Test – TOMA Health Solutions (2025)
- Health & Safety Training – Ontario Ministry of Labour (2025)
- Food Handler Certificate – CanadianFood.ca (2025)
- Crisis Intervention & Verbal De-Escalation

LANGUAGES

- English – Full Professional

- Hindi – Professional Working
- Punjabi – Native/Bilingual

Reference

As Per request