

# MARTHA KIARIE

Toronto, ON | 647-608-8815 | kiariemarttha500@gmail.com

## PERSONAL SUPPORT WORKER

Compassionate and dedicated caregiver/PSW with proven experience providing high-quality care and support to seniors, individuals with disabilities, and clients with diverse needs. Skilled in assisting with activities of daily living, promoting dignity and independence, and ensuring a safe and comfortable environment. Knowledgeable in health and safety protocols, mobility assistance, infection prevention, and culturally sensitive care. Recognized for strong communication, patience, and empathy in building trusting relationships with clients and families. Reliable, adaptable, and committed to enhancing the well-being and quality of life of every individual served.

## SUMMARY OF QUALIFICATIONS

- Proven track record as a compassionate and dedicated caregiver/PSW, experienced in providing personalized care and assistance to seniors and individuals with diverse needs.
- Skilled in supporting clients with activities of daily living (ADLs) including bathing, dressing, grooming, toileting, and mobility assistance, while promoting dignity, respect, and independence.
- Knowledgeable in health and safety protocols, infection prevention, and culturally sensitive care practices.
- Experienced in implementing care plans tailored to individual needs and collaborating with healthcare teams, families, and supervisors.
- Proficient in monitoring vital signs, assisting with medical appointments, and maintaining a safe and clean environment for clients.
- Trained in providing emotional support, companionship, and advocacy to clients, fostering trust and meaningful relationships.
- Committed to professionalism, confidentiality, and ethical care practices.
- Dedicated to continuous development, staying current with best practices and emerging trends in caregiving and support services.

## CORE SKILLS

Empathy | Patient | Attention to Detail | Verbal & Written Communication | Time Management | Critical Thinking | Cultural Competency | Companionship | Advocacy | Active Listening | Teamwork | Problem-Solving Flexible | Reliable | Adaptability | Organized

## EDUCATION

**Personal Support Worker Diploma (PSW)**, UMS College, Toronto, ON, 2025

**Shelter Support Training**, Ideal Training Collaborative, Toronto, ON, 2025

**NACC Certificate, 2025**

**Grade 12: English**, Yorkdale Adult Learning Centre, North York, 2025

**Nurse Aide**, Nairobi Woman's Hospital, Kenya, 2015

## CERTIFICATES

First Aid/CPR | Mask Fitting | Food Handling | Gentle Persuasive Approaches | Worker Health & Safety Awareness | CPI

## PROFESSIONAL EXPERIENCE

**Personal Support Worker (Placement)**, Labdara Lithuanian Nursing Home, Toronto, Dec 2025 – Jan 2026

- Successfully completed 300 hr. placement, including assisting clients with daily living activities, including bathing, dressing, grooming, and toileting, under supervision.
- Support clients with mobility and transfers, ensuring safety while using assistive devices and proper body mechanics.
- Help monitor and report changes in clients' physical or emotional conditions to supervising staff, following care plans.
- Assist with meal preparation and feeding, ensuring dietary restrictions and nutrition needs are met.
- Maintain a clean, safe, and organized environment, including changing bed linens, tidying rooms, and following infection control protocols.

## **Care Provide/ Personal Support Worker**

Toronto, ON | March 2026 - present

- Provided personal care including bathing, grooming, dressing, and toileting
- Assisted clients with mobility, transfers, and daily routines
- Offered companionship and emotional support to enhance well-being
- Maintained a safe, clean, and comfortable living environment
- Observed and reported changes in client condition to supervisors or family

## **Personal Support Worker**

Nexim Healthcare Consultants, Toronto, ON | March 2026

- Assisted clients with activities of daily living in accordance with care plans
- Ensured safety and comfort while supporting mobility and daily tasks
- Monitored client conditions and reported concerns appropriately
- Maintained accurate documentation and followed organizational protocols

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## ***Seniors Outreach Worker, Unity Foundation – Toronto, ON, Aug 2024 – Present***

- Participated in orientation and volunteer training.
- Greeted and welcomed guests in a friendly and professional manner.
- Served over 300 individuals and families each week.
- Assisted with food sorting, stocking, and distribution to more than 300 people.
- Ensured compliance with food safety regulations.
- Supported other volunteer activities as needed.
- Completed other arising duties assigned by the supervisor.
- Sanitized counters and wiped down surfaces following preparation to prevent food cross-contamination.

## ***Nurse Aid, Nairobi Women's Hospital, Mombasa, Kenya, Dec 2015 – Jan 2024***

- Monitored vital signs and reported changes to nursing staff, contributing to proactive patient management.
- Collaborated with the healthcare team to implement care plans tailored to individual patient needs.
- Enhanced patient comfort by providing exceptional personal care and maintaining a clean living environment.
- Assisted with patient transfer and ambulation.
- Scheduled and accompanied clients to medical appointments.

## ***Housekeeping Supervisor, Victoria Guest House, Jan 2010 – Jan 2014***

- Supervised daily shift process ensuring all team members adhered to standard operating procedures.
- Supported the manager in recruitment, training, and team scheduling, including shift planning and rotations.
- Oversaw daily team performance, providing individual feedback and identifying development needs.
- Ensured client comfort in changing areas, addressing concerns and maintaining a clean, welcoming environment.
- Coordinated activities of cleaning, laundry, and locker teams to ensure quality and efficiency.
- Monitored processes, tools, and resources, proposing sustainable improvements and assisting with stock control.
- Resolved customer issues and complaints quickly to maintain high levels of satisfaction and service.
- Built strong relationships and liaised with other departments, especially housekeeping and reservations.

