
ADIJAT OSOTA

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PROFESSIONAL SUMMARY

Dedicated and compassionate Personal Support Worker (NACC Certified) with experience supporting seniors, individuals living with dementia, autism, and developmental disabilities in retirement residences, long-term care homes, adult day programs, group homes, and community based settings. Known for building trusting relationships with clients and families through patience, empathy, and a person-centered approach to care. I bring a strong work ethic, excellent communication skills, and the ability to adapt quickly to diverse healthcare environments through direct employment, and extensive staffing agency experience. Committed to promoting dignity, independence, safety, and quality of life while delivering exceptional care and support.

Education / Certifications

- Personal Support Worker Diploma – Osillia Institute (2026) - **NACC Certified.**
- B. Sc. Food Science and Technology – Federal University Akure Nigeria (2008).
- Standard First Aid & CPR
- Gentle Persuasive Approaches (GPA)
- Medication Administration and Documentation
- Nonviolent Crisis Intervention (NCI)
- Safe Food Handling/Food Safety Certification
- Fully Immunized and Compliant with Healthcare Requirements

Core Competencies

- Personal Care & Activities of Daily Living (ADLs)
- Behavioral Support & Crisis Intervention
- Nonviolent Crisis Intervention (NCI)
- Mobility Assistance & Safe Transfers
- Autism & Developmental Disabilities Support
- Dementia & Alzheimer's Care
- Gentle Persuasive Approaches (GPA)
- Documentation & Progress Reporting

PROFESSIONAL EXPERIENCE

Personal Support Worker

Chartwell Thornhill Retirement Residence

February 2025 – May 2026.

- Provided personal care assistance, including hygiene, grooming, and dressing.
- Engaged patients in meaningful conversations and activities to promote socialization.
- Assisted with feeding and monitored nutritional intake to ensure health and wellness.
- Supported clients with mental and physical activities to enhance quality of life.
- Documented vitals, behaviors, and medications in client medical records.
- Collaborated with supervisors to develop care plans tailored to individual needs.
- Assisted with housekeeping tasks, running errands, and managing laundry.
- Recognized and reported changes in patients' health status or physical appearance to case managers.
- Promoted residents' dignity, independence, and quality of life.

Professional Experience Note

Over the years, I have worked with various frontline healthcare agencies, which provided me with opportunities to support individuals in group homes and long-term care/senior living settings as both a Support Staff and Personal Support Worker. Working across multiple organizations exposed me to diverse client needs, workplace dynamics, and job-related challenges, significantly enhancing my professional experience and contributing to my continuous growth and development in the field.