

# PRABHNOOR KAUR

Brampton, ON L6P 1J7 • 4374845862 • prabhnoorkk3@gmail.com

## PROFESSIONAL SUMMARY

Dedicated and compassionate **Personal Support Worker** with a proven track record of providing high-quality care to seniors, individuals in recovery, and persons with disabilities. Expert in managing daily living activities, maintaining clean and organized environments, and fostering open communication with families and medical teams to ensure optimal patient well-being.

## SKILLS

- Safety Behaviors
- Vitals Monitoring and Documentation
- Communication Assistance
- Ability to Lift
- Bathing
- Floor Assignments
- Patient Care
- Developing Client Trust

## WORK HISTORY

### Personal Support Worker

**Accela Staffing** - Brampton, ON

09/2023 - 03/2024

- Cultivated meaningful connections with clients to provide essential emotional support and companionship.
- Promoted mental well-being through engaging conversation and social interaction while assisting with physical needs.
- Performed critical pressure-area care by turning and repositioning bedbound patients to prevent skin breakdown and maximize comfort.

### Personal Support Worker

**Staff Relief Health Care Services** - Mississauga, ON

07/2025 - 01/2026

- Deliver personalized care including dressing, grooming, and medication adherence support.
- Facilitate safe transportation for clients to medical consultations, community events, and essential errands.
- Maintain rigorous hygiene standards by assisting with bathing, dental care, and personal grooming in both residential and facility settings.
- Ensure a comfortable living environment through diligent housekeeping, including linen changes and laundry.
- Provide detailed status updates and progress reports to ensure continuity of care for every client.

## EDUCATION

**Mohawk College of Applied Arts And Technology** - Hamilton

## REFERENCE

Anmoldeep Kaur (PSW)