

Abisha Baral

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Scarborough.ON

Summary

Compassionate and dedicated Personal Support Worker with clinical training and hands-on experience in long-term care, acute care, and home care settings. Proficient in assisting residents and patients with Activities of Daily Living (ADLs), safe transfers and mobility support, infection prevention and control, dementia care, and palliative support. Committed to delivering respectful, culturally sensitive, and person-centered care while effectively collaborating with nurses and interdisciplinary healthcare teams to promote patient comfort, safety, and well-being.

Experience

Sunset Manor Long-Term Care Home | Collingwood, ON

Clinical Placement – Personal Support Worker (Student | 06/2025 –08/2025

- Assisted residents with Activities of Daily Living (ADLs) including bathing, grooming, toileting, feeding, and mobility support.
- Provided person-centered care to residents with dementia, offering emotional support and promoting comfort and dignity.
- Observed residents' physical and emotional conditions and reported changes promptly to nursing staff.
- Maintained infection prevention and control (IPAC) standards to ensure resident safety and a clean care environment.

Royal Victoria Regional Health Centre | Barrie, ON

Clinical Placement – Personal Support Worker (Student) | 05/2025 –06/2025

- Supported patients with Activities of Daily Living (ADLs) and provided comfort measures in an acute care setting. Performed safe patient transfers using mechanical lifts and mobility equipment.
- Measured and recorded vital signs and documented patient observations accurately.
- Assisted healthcare teams in maintaining a safe and clean patient care environment.

Karuna Home Care | Kathmandu, Nepal

Caregiver | 06/2020 –08/2023

- Provided in-home personal care, including assistance with bathing, dressing, feeding, and toileting.
- Assisted clients with mobility and the safe use of assistive devices.
- Monitored clients' health status and reported any changes to families and healthcare providers.
- Provided companionship and emotional support to promote clients' comfort and overall well-being.

Skills

- Activities of Daily Living (ADL) Assistance
- Safe Patient Handling (Hoyer, Sit-to-Stand, Ceiling Lift)
- Infection Prevention & Control(IPAC),
- Dementia & Responsive Behavior Care
- Palliative and End-of-Life Support
- Mobility Assistance & Range of Motion
- Fall and Pressure Injury Prevention
- Clinical Documentation/ PointClickCare Exposure
- Team Collaboration with Healthcare Staff

Education

Georgian College | Barrie, Ontario

Personal Support Worker | 12/2025

Balmiki Lincoln College | Jhapa, Nepal

Bachelor of Business Administration | 03/2020

Languages

- English
- Hindi
- Nepali

Certificates

- Workplace Hazardous Materials Information System (WHMIS)
- Mask fit Testing
- Gentle Persuasive Approaches (GPA)
- HSCPOA Registered
- Standard First Aid w/ CPR-BLS & AED

Availability

- Fulltime (Open to flexibility)