
Rupinder Kaur Cheema

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Professional Summary

Certified and compassionate Personal Support Worker (PSW) with hands-on experience in patient care. Proficient in helping with daily activities, mobility, infection control, and providing emotional support to enhance the well-being of elderly residents. Skilled in supporting a safe and clean environment while ensuring patient dignity and comfort.

Work Experience**Part-Time PSW****Wellbrook Place Long-Term Care, Mississauga**

Present

- Assist with activities of daily living (ADLs), including bathing, dressing, grooming, and feeding.
- Support mobility, transfers, and safe movement for residents.
- Perform light housekeeping and ensure a clean, safe environment.
- Monitor health status, report changes, and implement infection control practices.
- Provide emotional support, companionship, and engage in social activities with residents.

PSW**ACCELA STAFF (Kristus Darzs Latvian Home)**

July 2024 – October 2024

- Delivered personal care services, including bathing, dressing, grooming, and feeding.
- Assisted with mobility, transfers, and provided patient safety support.
- Helped with medication reminders and basic health monitoring.
- Offered companionship, emotional support, and social engagement for residents.
- Maintained a clean environment, followed infection control guidelines, and documented patient care.

PSW

Oakville Retirement Home

September 2023

- Assisted residents with daily living activities such as personal care, feeding, and grooming.
- Supported residents with mobility, transfers, and safe movement.
- Provided companionship, emotional support, and engaged residents in activities.
- Ensured hygiene, comfort, and safety through infection control and light housekeeping.

Cashier

OTG, Pearson Toronto Airport

February 2020 – February 2023

- Managed cash transactions, credit, and debit payments efficiently.
 - Provided customer service, assisting traveller's with purchases and inquiries.
 - Maintained a clean and organized work area to enhance customer experience.
 - Worked collaboratively with a team to ensure smooth operations.
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Education

- **PSW Program**
Oxford College, 2023
 - **ORCA Learning Certification**
2023
 - **Postgraduate Certificate in IBM, ISBA**
Northern College, 2017–2018
 - **Bachelor of Arts in Computer Applications**
Punjabi University Patiala, 2013–2015
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Certifications

- **Ontario Smart Serve Certification**
 - **First Aid & CPR Certifications**
 - **PSW Certification**
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Skills

- **Personal Care:** Bathing, grooming, feeding, and assisting with mobility.
- **Patient Safety:** Ensuring safety during transfers and mobility assistance.

- **Infection Control:** Following procedures for maintaining cleanliness and preventing illness.
- **Emotional Support:** Providing companionship and promoting mental well-being.
- **Documentation:** Accurately recording patient care activities and reporting health changes.