

# SARIKA LITTLE

ENTHUSIASTIC  
PROFESSIONAL

## PERSONAL PROFILE

Passionate professional with relevant experience and a diversified exposure working in patient care settings. A thorough professional, leader and team-player with a proven track record and passion of helping others. Looking for the next opportunity to execute the highest standard of client care.

Passed current police check, have an updated immunization record and 3rd Covid-19 booster shot. Valid G license .

## SKILLS & ABILITIES

- Communication, interpersonal and customer service skills
- Working collaboratively as a team player
- Problem-solving and conflict resolution through critical thinking
- Leadership and continuous learning
- Strong knowledge of patient and family-oriented care
- Personal Assessment
- Bilingual: English and Hindi
- Microsoft Office products
- Prioritization and decision making
- Proven track record
- Ability to work in stressful environments
- Punctuality and accountable team player

## CONTACT INFORMATION

Email: sarika.little9@gmail.com  
Cell: 905-598-2600  
Address: Brampton, Ontario

## EMPLOYMENT HISTORY

### Personal Support Worker (PSW)

#### The Salvation Army (2021 - Present)

- Completed 310 hours while working on the dementia floor.
- Supported clients with all level of daily activities and maintained a clean environment.
- Provided personal care, hygiene as well as physical assistance.
- Actively monitored client conditions and escalated through the correct channels if needed.
- Fostered a safe environment through a thorough risk assessment. Assisted in eating, performed household tasks and ran errands when required.
- Assisted in community activities and transportation.
- Facilitated transfers with Hoyer lift.
- Empowered clients to excel in all areas of life through communication and ongoing feedback.
- Documented and recorded daily care reports which included resident incident reports, restraint monitoring, and medication administration.
- Adhered to the Occupational Health and Safety Regulations set by the province.
- Ensured the fulfillment of individual goals and needs as instructed in the client's support plans.
- Assisted and satisfied the social and emotional needs of client.
- Maintained ongoing competence in area of practice and continuously improved knowledge to respond to evolving and emerging health care needs.
- Utilized knowledge, judgement and skill to provide routine care and assistance to facilitate health and welfare.

### Childcare Provider, Special Needs

#### Pacekids (2013 - 2017)

- Worked with child with special needs to provide care, and assist in the development and growth of the individual.
- Liaised with a team of professionals including Speech Therapist, Occupational Therapist and Physio with a high degree of effectiveness.
- Worked on fine and gross motor skills.
- Helped with basic sign language as needed.
- Created engaging lesson plans and goals for behavior, play, exercise and other activities.

## EDUCATION AND QUALIFICATIONS

### Personal Support Worker

CDI College

### First Aid Certificate

Lifesaving Society

### Bachelor of Arts in Social Studies

International Institution