

Lily Rong

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Objective

Compassionate Personal Support Worker with 15+ years of caregiving expertise, including direct experience supporting individuals with mobility challenges and complex medical needs. Seeking to leverage skills in personal care, G-tube feeding, and trauma-informed support to enhance quality of life for clients with Duchenne Muscular Dystrophy. Committed to fostering dignity and independence through safe, respectful care practices.

Professional Experience

Medical Coordinator | Baobei Foundation (Shanghai, China) | 2008–Present

- Provided daily personal care (bathing, grooming, toileting) and administered medications for children with congenital disabilities, including G-tube feeding and post-operative recovery support.
- Performed manual transfers of clients with limited mobility using trauma-informed techniques, ensuring safety during lifting (up to 80 lbs).
- Collaborated with healthcare teams to design individualized care plans, emphasizing dignity and developmental progress.
- Trained caregivers in mobility support, hygiene management, and emergency protocols (CPR/First Aid).

Special Education Teacher | English Language Association (Shaanxi, China) | 2006–2008

- Assisted children with cerebral palsy in daily living activities, including mobility transfers and positioning.
- Designed therapeutic activities to improve motor skills and independence, utilizing adaptive equipment.

Administrative Worker | Starlite Advanced Materials (Shanghai, China) | 2023–2024

- Managed logistics and errands, demonstrating reliability and organizational efficiency.
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Certifications & Training

- CPR & First Aid Certification (Level C)
 - Trauma-Informed Care Training | Colostomy & Hygiene Management
 - NVC Training (Non-Violent Crisis Intervention)
 - **Fully Vaccinated:** COVID-19 (3 doses) + Annual Flu
 - **Canadian Driver's License** (Class 5)
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Skills

- Personal Care: G-tube feeding, medication administration, manual transfers (cradle carry), bowel/bladder care.
 - Mobility Support: Proficient in lifting/transferring clients up to 80 lbs unassisted.
 - Household Management: Meal prep, light housekeeping, errands.
 - Communication: Fluent in English/Mandarin; experienced in interdisciplinary collaboration.
 - **Comfortable working with pets (cats).**
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Education

Diploma in English Education | Xi'an International University | 2002–2005

Application Responses

- Comfortable assisting with all personal care tasks: **Yes**
 - Able to lift 80 lbs unassisted: **Yes**
 - Caregiving experience: **15+ years**
 - Comfortable with cats: **Yes**
 - Fully vaccinated: **Yes**
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References available upon request. Updated for PSW role alignment. Ready to start March 2025.