

Dilpreet Kaur

Personal Support Worker

Brampton, ON, Canada | dilpreetdullat39@gmail.com | +1 (437) 299-9608 | Willing to relocate

PROFILE SUMMARY

Dedicated Personal Support Worker with a Post Graduate Diploma and hands-on experience in long-term care and retirement homes. Passionate about enhancing elderly residents' quality of life through personalized care and fostering independence. Skilled in developing tailored care plans, administering medications, and ensuring resident safety. Proficient in crisis intervention, maintaining high sanitation standards, and promoting resident dignity. Experienced in supporting daily living activities to enhance functional abilities and well-being. Committed to delivering empathetic, resident-centered care in nursing homes. Eager to contribute to Health Services' mission of exceptional healthcare.

CORE COMPETENCIES

personal care | care plan development | crisis intervention | medication administration | vital sign monitoring | sanitation standards | case management | mobility assistance | emotional support | first aid | resident safety | dignity | well-being

EXPERIENCE

Health Care Aide Home Instead, Mississauga, ON September 2024 – Present

- Deliver comprehensive in-home care to elderly clients, assisting with personal hygiene, meal preparation, and transportation, ensuring comfort and safety daily.
- Collaborate with families to design customized care plans, promoting resident independence and dignity while addressing specific health and wellness needs.
- Maintain detailed records of client progress and care activities, achieving a 95% satisfaction rate in feedback surveys for exceptional service.
- Provide medication reminders and mobility assistance, ensuring adherence to prescribed treatments and enhancing clients' daily functional capabilities.
- Coordinate grocery shopping and meal planning, incorporating dietary requirements to support nutritional health and overall well-being of clients.

Personal Support Worker Amica Senior Lifestyles, Mississauga, ON July 2024 – August 2024

- Managed daily schedules for 12 residents, ensuring 95% adherence to routines, enhancing comfort and consistency in a retirement home.
- Conducted health assessments and collaborated with nurses to develop goal-oriented care plans, improving resident outcomes and quality of life significantly.
- Provided personal care, including bathing and dressing, fostering resident self-esteem and independence through compassionate and respectful support daily.
- Administered medications and monitored vital signs, ensuring accurate delivery and timely interventions to maintain resident health and safety.
- Maintained clean and safe living spaces, adhering to strict sanitation standards, contributing to a healthy environment for all residents.

Personal Support Worker Schlegel Villages Riverside Glenn, Guelph, ON May 2024 – July 2024

- Assisted residents with daily living activities, such as ambulation and personal hygiene, promoting self-esteem and functional independence in long-term care.
- Developed and implemented nutritious meal plans tailored to individual dietary needs, supporting resident health and satisfaction in daily dining experiences.
- Supported medication administration and reminders, collaborating with healthcare teams to ensure accurate delivery and adherence to prescribed treatments.

VOLUNTEER EXPERIENCE

Community Support Volunteer Homeless Support Initiatives, Brampton, ON 2023 – 2024

- Provided empathetic support to homeless individuals, offering meals and resources to promote dignity and access to essentials.
- Organized group activities to encourage social engagement, fostering a sense of belonging and reducing isolation among participants in community programs.

EDUCATION

Personal Support Worker Certificate Conestoga College, Kitchener, ON January 2024 – August 2024

Bachelor's in Veterinary Science Guru Angad Dev Veterinary and Animal Sciences University, Ludhiana, Punjab, India August 2017 – September 2021

CERTIFICATIONS

Certified Professional Various Institutions, Canada 2017 – 2024

- Completed Standard First Aid & CPR/AED Level C training, equipping skills to respond effectively to emergencies in elderly care settings.
- Earned Basic Life Support (BLS) Certification, demonstrating proficiency in life-saving techniques to support resident safety in nursing homes.
- Obtained Ontario Security License, showcasing ability to maintain safe environments and handle security protocols in healthcare facilities.
- Acquired G2 Driver's License, enabling reliable transportation of residents and supplies, enhancing care delivery in community and home settings.