

ARSHPREET KAUR

PERSONAL SUPPORT WORKER – Patient Care, Mobility Assistance & Health Monitoring

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PROFESSIONAL SUMMARY

Highly efficient care professional delivering support to diverse residents groups, managing assistance for 10+ individuals daily while reducing incidents by 25% and improving comfort outcomes by 30%. Proficient with clinical observation, structured reporting, and safe handling techniques, and ensuring consistent adherence to regulated care standards.

SKILLS

- **Personal Care Assistance:** Bathing, grooming, dressing, oral hygiene, Infection control compliance
- **Mobility & Transfer Support:** Safe client transfers, repositioning, and ambulation assistance
- **Health Monitoring & Reporting:** pulse tracking, condition observation, documenting changes
- **Medication & Nutrition Support:** Medication reminders under supervision, and meal preparation
- **Documentation & Care Systems:** Accurate charting, care plan updates, and incident reporting

WORK EXPERIENCE

Health Care Aide

Angels There For You

October 2025 – Present

British Columbia

- Delivered personal care to 10+ clients daily, executing bathing, grooming, hygiene protocols, enhancing comfort levels by 30% through structured routines.
- Facilitated mobility transfers using Hoyer lifts, wheelchairs, repositioning techniques, reducing fall incidents by 25% through adherence to safety protocols.
- Monitored vital signs, including blood pressure, pulse rates, documenting 50+ observations weekly, enabling timely clinical escalation and improving response accuracy.
- Administered supervised medication reminders and meal support for 8+ clients daily, ensuring 100% adherence to dietary plans and hydration schedules.
- Mentored care documentation logs, incident reports, updating 40+ records, improving audit accuracy metrics.

Personal Support Worker Intern

Louis Brier Home and Hospital

August 2025 – September 2025

British Columbia

- Assessed 12+ residents with daily living activities, performing personal care routines, enhancing clients comfort scores by 20% through structured support methods.
- Authored mobility operations including transfers, ambulation assistance, lift equipment usage, reducing physical strain incidents by 18% through controlled handling techniques.
- Recorded clients conditions, behavioral observations, documenting 35+ reports weekly, facilitating clinical decision-making and improving interdisciplinary communication efficiency.
- Accelerated nutritional support, including meal preparation, feeding assistance, hydration monitoring, ensuring 100% compliance with individualized dietary requirements and care plans.
- Coached structured care plans, documentations, updating 30+ logs weekly, ensuring regulatory compliance.

PROJECT EXPERIENCE

Volunteer in Dementia Care

Care Aide, British Columbia

June 2025 – August 2025

- Analyzed 8+ dementia clients daily with hygiene, grooming, toileting procedures, improving behavioral stability by 25% through structured routine implementation techniques.
- Monitored cognitive changes, documented 30+ behavioral observations weekly, enabling early intervention planning and improving care response accuracy by 20%.

EDUCATION

Health Care Assistant Diploma Certification

SELC College, British Columbia

April 2025 – September 2025

Associate of Arts

LaSalle College, British Columbia

October 2023 – March 2025

CERTIFICATIONS

- **Health Care Assistant (HCA) Certificate**
- **BC Care Aide Registry**
- **CPR / First Aid**
- **FoodSafe Certification**
- **Non-Violent Crisis Intervention (NVC)**
- **WHMIS Certification**