

## Profile

Enthusiastic and compassionate Health Care Assistant with recent certification and hands-on experience in providing patient-centered care. Proficient in assisting with daily living activities, supporting healthcare teams, and ensuring patient comfort and dignity. Committed to delivering high-quality care and maintaining safety standards while continually developing skills in a healthcare setting

**HCR registry number: 152124**

## Relevant Skills

- Bachelor of Arts; Master of Arts in Political Science; Education Assistant Diploma
- Patient hard-working employee; works in tight time frames to prioritize and meet deadlines
- Excellent communication and interpersonal skills; enjoy working with children of all ages; positive and pleasant manner
- Organized; follow established procedures accurately; pay attention to detail
- Skilled problem solver; able to handle conflicting priorities and quickly find effective solutions
- Quick learner; keen to learn and teach new skills, activities, and tasks
- Responsible team player; works well independently with little supervision
- Self-motivated; able to take initiative; work well under pressure
- Punctual and reliable; able to work all schedules including overtime; available on short notice
- Safety-conscious with demonstrated ability to adhere to safety standards
- Multilingual; fluent in English, Punjabi and Hindi

## Work History

**Practicum, Guildford Senior Village, Surrey, BC**      **Sept 2024 -October 2024**

**Practicum, Elim Village, Surrey, BC**      **Sept – Oct 2024**

- Assist with daily living activities, including bathing, dressing, grooming, toileting, and feeding patients.
- Measure and record patients' vital signs, such as blood pressure, temperature, pulse, and respiration rates.
- Help patients with mobility, including transferring from bed to wheelchair, walking, and using mobility aids.
- Support in administering medications under the supervision of licensed healthcare professionals.
- Follow infection control procedures to maintain a clean and safe environment for patients and staff.
- Communicate effectively with patients, families, and healthcare team members. Report any changes in the patient's condition to supervisors.

**Caregiver for a disabled child, Private Home, Surrey, BC**      **2022 -2023**

- Provided daily care and assistance to a child with disabilities, ensuring a safe and comfortable environment at home.
- Assisted with activities of daily living (ADLs) including feeding, dressing, bathing, and toileting.
- Administered prescribed medications and monitored the child's health and well-being, ensuring proper care routines.
- Developed and followed personalized care plans, tailored to the child's specific needs and abilities.
- Engaged the child in educational, recreational, and social activities to promote development and mental stimulation.
- Collaborated with family members, healthcare providers, and specialists to ensure holistic care

**Private Caregiver for Elderly People, Surrey, BC**      **2021-2022**

- Delivered compassionate care to elderly clients in their homes, assisting with daily living activities (ADLs) such as bathing, dressing, grooming, and feeding.
- Assisted with mobility and transfers, using appropriate techniques and equipment to ensure client safety.
- Monitored and administered medications, ensuring timely and accurate dosages following healthcare plans.
- Helped with light housekeeping duties, including laundry, meal preparation, and maintaining a clean-living space.
- Provided companionship and emotional support, engaging clients in conversation, hobbies, and recreational activities.
- Supported clients with physical therapy exercises and activities to promote mobility and prevent muscle weakness.

## Education and Certification

- HCA, Drake Medox College, Surrey, BC
- Master of Arts in Political Science, GOVERNMENT COLLEGE, Hoshiarpur, Punjab
- Bachelor of Arts, GOVERNMENT COLLEGE, Hoshiarpur, Punjab

**Certification**

- Emergency First Aid, Prosafe
- Food Safe, Prosafe