

MARICEL DELA CRUZ

Personal Support Worker (PSW)

Mississauga, ON | (905) 555-0136 | maricel.delacruz@example.com | Ontario G driver's licence, own car

Profile

Caring and reliable personal support worker with 5+ years in Ontario long-term care and home care, and 8 years of caregiving in Hong Kong before that. Trained as a nurse in the Philippines. Experienced with residents living with dementia, palliative care and safe transfers with mechanical lifts.

Work Experience

Home Support Worker Jan 2022 – Present
Bayshore Home Care Solutions, Mississauga / Brampton, ON (Part-time)

- Visit 5–7 clients a day in Mississauga and Brampton for personal care, meal preparation, medication reminders and light housekeeping
- Follow each client's care plan and record visits in the AlayaCare mobile app
- Report falls, skin changes and missed medications to the care coordinator the same day

Personal Support Worker Sept 2021 – Present
Cedarbrook Long-Term Care Home, Mississauga, ON (Part-time)

- Provide bathing, dressing, toileting and feeding for 10–12 residents per shift on a secure dementia unit
- Transfer residents safely with mechanical and sit-to-stand lifts and reposition them every 2 hours to prevent pressure injuries
- Document care, food and fluid intake and responsive behaviours in PointClickCare and report changes to the RPN
- Support residents and families during end-of-life and palliative care

Career break – family caregiving Mar 2020 – Aug 2021

- Full-time care at home for a family member recovering from a stroke

Personal Support Worker Sept 2019 – Feb 2020
Extendicare, Mississauga, ON (Full-time)

- Assisted 14 residents per day shift with activities of daily living, mobility and nutrition
- Completed IPAC and hand hygiene training and followed outbreak protocols

Live-in Caregiver Mar 2009 – June 2017
Private household, Hong Kong

- Cared for an elderly couple living with Parkinson's disease and diabetes: medications, blood glucose checks, exercises and meals
- Accompanied them to medical appointments and managed the household

Education

Personal Support Worker Certificate Sept 2018 – June 2019
Sheridan College, Mississauga, ON

- Clinical placements in long-term care and community care

Bachelor of Science in Nursing 2004 – 2008
Saint Louis University, Baguio City, Philippines

Skills

Personal care and ADLs, Dementia care, Palliative care, Safe lifts and transfers, Infection prevention and control, Care documentation, Meal preparation

Languages

English (Fluent) · Filipino (Tagalog) (Native) · Cantonese (Basic)

Certifications

Standard First Aid & CPR Level C — Canadian Red Cross, 2025
WHMIS — 2025
Food Handler Certificate — 2024
Gentle Persuasive Approaches (GPA) in Dementia Care — Advanced Gerontological Education, 2023