

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 <i>Bayshore Home Care Solutions, Mississauga / Brampton, ON (Part-time)</i>	Jan 2022 – Present
- 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 <i>Cedarbrook Long-Term Care Home, Mississauga, ON (Part-time)</i>	Sept 2021 – Present
- 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 <i>Extendicare, Mississauga, ON (Full-time)</i>	Sept 2019 – Feb 2020
- 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 <i>Private household, Hong Kong</i>	Mar 2009 – June 2017
- 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 <i>Sheridan College, Mississauga, ON</i>	Sept 2018 – June 2019
Clinical placements in long-term care and community care	
Bachelor of Science in Nursing <i>Saint Louis University, Baguio City, Philippines</i>	2004 – 2008

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