

MAITRI KANSARA

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EDUCATION

Jan 2023 – May 2024

Biotechnology Diploma

Loyalist College of Applied Arts and Technology-Belleville Campus

Coursework: Analytical Chemistry, Cell Biology, Microbiology, Pharmacology, Fermentation

Sep 2024 – April 2025

Personal Support Worker

Loyalist College of Applied Arts and Technology-Belleville Campus

Coursework: Human body in health and illness, Safe and comfortable environment, Role of the PSW, Supporting mental health

WORK EXPERIENCE

Personal Support Worker- Intern

Belmont long-term care facility, Belleville

Long-Term Care Facility – Practicum 1

January 9, 2025 – February 14, 2025

- Assisted residents with activities of daily living, including bathing, dressing, grooming, and toileting.
- Provided feeding assistance and encouraged adequate fluid intake.
- Supported safe ambulation and transfers using proper techniques and equipment.
- Maintained clean and organized resident rooms; completed bed-making and restocking tasks.
- Fostered a supportive environment by engaging with residents and promoting comfort.
- Followed individualized care plans and reported changes in condition to nursing staff.

Personal Support Worker- Intern

VON, Canada

Community/Home Care – Practicum 2

February 24, 2025 – March 21, 2025

- Delivered personal care services in clients' homes, including hygiene assistance and dressing.
- Prepared simple meals and performed light housekeeping to support daily living.
- Offered companionship and emotional support while respecting client independence and dignity.
- Observed, documented, and communicated changes in client condition to the supervisor.
- Maintained client privacy and adhered to safety and infection control protocols.

Personal Support Worker- Intern

Belmont long-term care facility, Belleville

Long-Term Care Facility – Practicum 3

March 24, 2025 – April 14, 2025

- Provided comprehensive morning and evening care routines to residents.
- Assisted with mobility and transfers, including the use of walkers and wheelchairs.
- Encouraged independence during meals while offering support when needed.
- Monitored and reported physical, emotional, and behavioral changes to care team.
- Collaborated with healthcare staff and consistently followed infection prevention and control measures.

Team Member

Value Village

January 2023 – Present

- Inspected and sorted donated clothing for quality, cleanliness, and resale value.
- Worked with team members to organize and stock items efficiently on the sales floor.
- Maintained a clean, safe workspace by following health and safety guidelines.
- Assisted customers with questions and helped them navigate the store.
- Consistently met daily production targets with accuracy and attention to detail.

CERTIFICATIONS

- Gentle Persuasive Approaches (GPA)
- First Aid
- Cardiopulmonary Resuscitation (CPR) Level C
- Workplace Hazardous Materials Information System (WHMIS)

SKILLS

- Proficient in assisting with activities of daily living (ADLs) including hygiene, mobility, and feeding
- Knowledge of infection prevention and control practices (IPAC)
- Strong communication and interpersonal skills with residents, families, and care teams
- Ability to observe, report, and document changes in client condition accurately
- Trained in Gentle Persuasive Approaches (GPA) for managing responsive behaviors
- Experienced in using mobility aids (walkers, wheelchairs, transfer belts) safely
- Reliable, empathetic, and respectful of cultural and individual differences
- Able to maintain client confidentiality and professional boundaries
- Familiar with PointClickCare system for charting and documenting resident care

(References available upon request)