

ANDREW OKERO

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Summary

Dedicated and compassionate Personal Support Worker with experience providing high-quality care in retirement homes, long-term care environments, home care settings, community programs, and healthcare facilities in Canada and Kenya. Skilled in assisting clients with Activities of Daily Living (ADLs), bathing, grooming, dressing, toileting, meal preparation, feeding assistance, safe transfers, mobility support, companionship, dementia care, and infection prevention. Strong ability to observe and report changes in client conditions, maintain accurate documentation, and collaborate effectively with nurses, families, and interdisciplinary healthcare teams. Certified PSW with First Aid & CPR, GPA, WHMIS, and Vulnerable Sector Screening. Committed to delivering person-centered care that promotes dignity, independence, safety, and quality of life.

Skills

- Personal Support Worker (PSW) Care
- Activities of Daily Living (ADLs)
- Bathing, Grooming & Hygiene Assistance
- Dressing & Toileting Support
- Safe Lifting, Transfers & Repositioning
- Mobility Assistance & Fall Prevention
- Home Care & Community Care
- Long-Term Care & Retirement Home Support
- Dementia & Cognitive Support
- Meal Preparation & Feeding Assistance
- Medication Reminders
- Vital Signs Monitoring
- Infection Prevention & Control (IPAC)
- Housekeeping, Laundry & Bed Making
- Documentation & Progress Reporting
- Emotional Support & Companionship
- Palliative & End-of-Life Support
- Client Safety & Risk Management
- Cultural Sensitivity
- Team Collaboration
- Resident-Centered Care

Experience

- 08/2025 - 04/2026 **Personal Support Worker**
Alexis Lodge Retirement Residence
Toronto, Ontario
 - Assisted residents with activities of daily living including bathing, grooming, dressing, toileting, oral hygiene, and personal care.
 - Supported safe transfers, repositioning, ambulation, and mobility using proper lifting and transfer techniques.
 - Assisted with meal preparation, feeding support, hydration monitoring, and dietary requirements.
 - Monitored residents' physical, emotional, and cognitive well-being and reported changes to nursing staff.
 - Provided companionship and emotional support to enhance quality of life.
 - Maintained clean and safe resident environments through housekeeping, laundry, and bed-making duties.
 - Practiced infection prevention and control procedures and followed all health and safety guidelines.
- 07/2024 - 05/2025 **Care & Support Assistant**
Toronto People With AIDS Foundation
 - Supported vulnerable clients with daily living activities and wellness routines.
 - Assisted with meal preparation and nutrition support.

- Toronto, Ontario
 - Provided emotional support, companionship, and community resource navigation.
 - Coordinated appointments and client communications.
 - Assisted with community outreach and health promotion programs.

- 04/2024 - 06/2024
Comfort Home Care Services
Toronto, Ontario
 - **Home Support Worker**
 - Provided one-on-one home care support for seniors and individuals requiring assistance.
 - Assisted with bathing, dressing, toileting, meal preparation, and medication reminders.
 - Performed housekeeping duties including laundry, cleaning, and maintaining safe living environments.
 - Accompanied clients to appointments and community activities.

- 05/2020 - 01/2024
Nakuru Community Outreach Program
Nakuru, Kenya
 - **Community Support Caregiver**
 - Supported seniors and individuals with disabilities in community residential settings.
 - Assisted with personal care, meal preparation, feeding assistance, and mobility support.
 - Promoted independence, dignity, and community participation.
 - Provided companionship and emotional support.

- 04/2017 - 02/2020
Zimmerman Home Health Care
Nakuru, Kenya
 - **Caregiver Attendant**
 - Assisted clients with bathing, grooming, dressing, toileting, feeding, and mobility support.
 - Performed housekeeping duties, laundry services, and bed-making.
 - Assisted with medication reminders and daily wellness monitoring.
 - Provided companionship and social engagement activities.
 - Maintained documentation and communicated client concerns to supervisors.

Education and Training

- 03/2025
Toronto, ON
 - **Personal Support Worker (PSW) Certificate**
Alpha Career College

Certifications & Licenses

- Personal Support Worker Certificate – Alpha Career College (2025)
- Standard First Aid & CPR-C with AED
- Gentle Persuasive Approaches (GPA)
- WHMIS Certification
- Mask Fit Training
- Infection Prevention and Control (IPAC)
- Vulnerable Sector Check
- COVID-19 Vaccination Record Available
- Immunization Records Available Upon Request
- Customer Service Excellence Certificate

References

References available upon request.