

WHITNEY PAUL

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Summary

Result Driven and dedicated Health worker with a solid background in child care, support worker and home health services. A compassionate and empathetic individual with skills and experience in providing exceptional care to people with mental and developmental disabilities in the healthcare home and on the streets.

Skills

- Problem-solving
- Teamwork and collaboration
- Excellent communication
- Behavioral Management
- Time Management
- Cultural awareness
- Microsoft office (Word, Excel, PowerPoint)
- Empathetic and Patience
- Good Organization Skill
- Attention to Details
- Crisis Intervention
- Calm under pressure

Experience

Community Support Worker, **Home Comfort Healthcare Services**, Edmonton.
May 2023 – August 2024

- Provided direct support to residents in the areas of daily living, health care, and socialization.
- Performed routine housekeeping duties such as laundry, Cleaning and shopping.
- Monitored resident activities to ensure safety and well-being.
- Developed and implemented care plans tailored to each client's needs.
- Provided individualized support to clients in their homes or community settings
- Offer Emotional support and crisis intervention when needed.
- Maintained records of resident progress and provided updates to family members when necessary.
- Monitored Medication Management and therapy ensuring that medication compliance is achieved.

Child Caregiver, **Mary Center Group Home**, Ontario.
February 2022 - March 2023

- Planned and facilitated age appropriation activities, including arts and craft music classes, educational games and physical activities to promote learning and development
- Facilitated group activities and monitored individual progress towards goals.
- Monitored Children's physical and emotional wellbeing, offering emotional support to those dealing with school related or personal challenges.
- Supervised Children before and after school hours ensuring their safety and wellbeing in a structured environment.
- Maintained regular communication with teachers and parents, providing updates on children's progress, behavior an any concern that arose.
- Maintained daily records of resident activities, progress, and incidents.
- Assisted with medication administration and management as needed.

Direct Support Worker, **Mendalium Care Home**, LA
November 2018 – December 2021

- Developed individualized plans for clients and monitored progress towards goals.
- Created a safe environment by identifying potential risks and implementing appropriate interventions.
- Counseled clients on mental health issues such as depression, anxiety, substance abuse.

- Supported Clients with daily living need to maintain self esteem and general wellness.
- Helped clients manage and reach individual goals, supporting independent progression and social skills.
- Transported clients to appointments, shopping venues and entertainment events according to determined schedule.
- Communicated effectively with patients and families to provide information about care and treatment.
- Administered prescribed medication and monitored patient reactions to address contradictions
- Monitored medications and assisted with medication administration as needed.

Education And Training

Early Childhood Educators

Orientation Course (Ongoing)

Bachelor Of Science (B.sc):Accounting

Ebonyi State University

Certifications

- CPR, AED and First Aid Certification
- Child Intervention Check
- Police Information Check
- Trauma-Informed Care - AHS
- Food Basics and Safety -AHS
- Workplace Hazardous Materials Information System
- Diploma in Care Giving
- Managing Mental Health
- Valid Alberta Class 5 Driver's License
- Current Registration & Vehicle Insurance With 2M Liability
- Indigenous Canada