

NEETHU JOSE
ALBERTA
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Professional Summary

Compassionate and experienced Disability Support Worker with over 11 years of person-centered caregiving experience. Skilled in delivering personalized care, supporting individuals with disabilities, fostering community inclusion, and ensuring client dignity and wellness. Strong communication, situational awareness, and documentation abilities. Certified in First Aid with a valid driver's license.

EDUCATION

Durham College, Oshawa, Ontario Canada – Artificial Intelligence Analysis, Design and Implementation
Graduated :2025

Durham College, Oshawa, Ontario Canada – Project management
Graduated 2024

Ilahia College Of Engineering and Technology, Muvattupuzha – BTECH in Information Technology
Graduated 2020

EXPERIENCE

Caregiver| Palliative Care Centre| St. Mary's Cathedral Pallikkara, Kerala, India

Aug 2020 to Sept 2023

- Provided personal care, including bathing, grooming, dressing, and toileting.
- Assisted with mobility, transfers, and use of assistive devices.
- Followed individual care plans and reported behavior/health changes.
- Participated in recreational and community activities to encourage inclusion.
- Maintained a safe, clean environment aligned with IPAC standards.

Babysitter | Muvattupuzha, Kochi, Kerala

Dec 2018 to Mar 2021

- Worked as a trustworthy caring babysitter.
- Engaged with brain developing and learning activity.
- Helping the children with all the care
- Helping with basic household activities.
- Taking care of bathing and grooming activity.

Care Home Assistant| Guardian Angel Home Care, Kochi. Kerala, India

Jan 2020 to Jan 2023

- Supported adults with disabilities in independent living settings.
- Aided in medication administration and monitored vital signs.
- Encouraged community integration and skill development.
- Collaborated with supervisors and health professionals on care plans.

Volunteer Experience | NSS Volunteer, Punarjani, Kochi, Kerala

Mar 2012 to Jul 2014

- Participated in the Punarjani Project, focused on renovating public healthcare and educational institutions.
- Assisted in repairing hospital furniture, equipment, and improving infrastructure to enhance patient care.
- Supported patients by offering emotional assistance and basic caregiving during treatment.
- Collaborated in maintaining hygiene standards and safe environments across care facilities.
- Gained early exposure to teamwork, compassionate service, and community health projects.

Volunteer Experience | National Service Scheme (NSS), ICET & Community Outreach **Mar 2016 to Jul 2020**

- Actively contributed to NSS-led community initiatives, including disaster relief, public health, and social support programs.
- Participated in the 2017 Kerala flood rescue mission, providing emergency assistance and logistics support.
- Engaged in COVID-19 relief efforts, supporting affected individuals with food, supplies, and awareness campaigns.
- Volunteered with Navajeevan Food Bank, helping organize food drives and distribute meals to underserved populations.
- Took part in homeless aid programs and National Integration Camps, promoting cultural unity and social responsibility.
- Developed core skills in leadership, emergency response, and grassroots project coordination.

Personal Experience | Caregiver for Grandmother, Kochi, Kerala **Mar 2012 to Jul 2020**

- Provided compassionate care and support during challenging health conditions.
- Assisted with daily activities, including meal preparation, medication reminders, and mobility support.
- Managed medical appointments and coordinated with healthcare providers for timely care.
- Ensured emotional well-being by offering companionship and engaging in meaningful conversations.
- Developed patience, empathy, and problem-solving skills while handling critical situations.

ADDITIONAL EXPERIENCE:

Frontliner/Customer Service | New York Fries, Oshawa, Ontario

Dec 2023 to May 2025

- Provided excellent customer service in a fast-paced environment
- Handled payments, resolved issues, and supported team collaboration

Key Skills & Competencies

- First Aid & CPR certification
 - Behavioural and Personal Care
 - Community Engagement & Inclusion
 - Documentation & Progress Tracking
 - Communication & Relationship Building
 - Medical Protocol Adherence
 - Risk Management & Safety Monitoring
 - Microsoft Office & Mobile Tech Proficiency
 - Ability to lift and stand for extended periods
 - Strong communication and organizational skills
 - Record-keeping and daily reporting (computer proficient)
 - Cultural sensitivity and trauma-informed practice
 - Conflict resolution and collaborative problem solving
- **HAVE VALID DRIVER LICENSE**
 - **AVAILABILITY: Available Anytime**
 - Available for full-time, shift work including weekends and overtime
 - Comfortable with physical tasks including lifting and transfers
 - Dedicated to ongoing learning and professional development