

# Clara Osolease

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## Summary

Talented at setting clients at ease and structuring treatment plans around each client's strengths, Passionate about taking care of clients, and committed to providing the highest level of care to clients, one of my greatest strengths is excellent communication. I have always been interested in helping people who are facing social challenges, having a comprehensive knowledge on how the job works, I can create a safe, healthy, and acceptable community for children, youths, and adults.

## Skills

- Household organization
- Compassionate care
- Patient care
- Toileting assistance
- Mobility assistance
- Personal hygiene assistance
- Meal preparation
- Basic housekeeping

## Experience

**CHILDCARE ASSISTANT** | 01/2025 - 12/2025

**Young Leaders Daycare - Regina, Saskatchewan**

- Assisted in meal preparation including preparing snacks and drinks.
- Provided safe and nurturing environment for children of all ages.
- Engaged children in meaningful conversations regarding their day-to-day experiences.
- Read stories, sang songs and taught basic skills such as color recognition and counting numbers.
- Maintained a clean, organized classroom environment conducive to learning.

**PERSONAL SUPPORT WORKER** | 09/2023 - 10/2024

**Bloom Care Solutions - Toronto, Ontario**

- Organized paperwork related to patient treatments and maintained accurate records.
- Performed light housekeeping duties such as laundry services for clients.
- Assisted clients with daily activities such as bathing, dressing, and grooming.
- Provided personal hygiene assistance including oral care, shampooing hair, changing bed linens.
- Maintained a safe environment for clients by ensuring all equipment is properly stored when not in use.
- Transported clients to medical appointments or other destinations as needed.
- Lifted, moved and adjusted clients to ambulate individuals for diverse needs.

**HEALTH CARE ASSISTANT** | 10/2020 - 06/2023

**Holy Family Home for the Elderly - Lagos, Nigeria**

- Assisted with meal planning to meet nutritional plans.
- Performed light housekeeping tasks related to the client's care such as laundry and changing linens.
- Encouraged independence while promoting self-care skills such as bathing, grooming and toileting needs.
- Recorded client status progress and challenges in logbooks and reports.
- Maintained cleanliness of clients' environment by cleaning surfaces and washing clothes or dishes.

- Followed care plan and directions to administer medications.
- Assisted clients with maintaining good personal hygiene.

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## Education and Training

**Humber College - Toronto | Post-Baccalaureate Diploma**

Personal Support Worker, Expected in 08/2026

**University of Regina - Regina, SK | Diploma**

Health Studies

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## Certifications

- First Aid and CPR/AED