



ETHAN MARTINEZ

Personal Support Worker

PROFESSIONAL SUMMARY

Dedicated Personal Support Worker with a passion for helping others and over 4 years of experience in home care settings. Expertise in providing physical and emotional support to clients, including those with chronic illnesses and disabilities. Strong ability to build rapport with clients and families, ensuring a respectful and caring approach to all aspects of personal care.

WORK EXPERIENCE

Associate Personal Support Worker Jan / 2019-Ongoing
Pineapple Enterprises Santa Monica, CA

- 1. Provided personal care, including bathing, grooming, and meal preparation to enhance client comfort.
- 2. Ensured timely medication administration in accordance with prescribed healthcare plans.
- 3. Assisted clients in safe transfers and mobility, promoting independence and reducing fall risks.
- 4. Accompanied clients to medical appointments, ensuring they received necessary care and support.
- 5. Monitored and documented health changes, promptly reporting concerns to healthcare professionals.
- 6. Established trusting relationships with clients through companionship, enhancing their emotional well-being.
- 7. Created a secure environment that fosters client safety and comfort.

Personal Support Worker Jan / 2015-Jan / 2019
Cactus Creek Solutions Phoenix, AZ

- 1. Supported seniors and individuals with disabilities in daily living activities, promoting autonomy.
- 2. Encouraged positive mental health by fostering self-confidence in clients to complete tasks independently.
- 3. Utilized a gentle, empathetic approach to create therapeutic relationships with clients.
- 4. Built trust with clients, facilitating collaborative task completion to enhance their comfort.
- 5. Ensured safe client transfers and assistance, prioritizing client dignity during all interactions.

EDUCATION

Personal Support Worker Diploma Jan / 2012-Jan / 2015
ABC College of Health Chicago, IL

Comprehensive training in personal support care, focusing on client needs, safety, and dignity.

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SKILLS



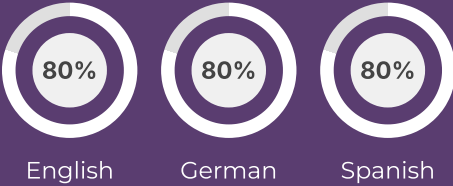
INTERESTS

Scuba Diving E-sports
Reading Fiction Puzzle Solving

STRENGTHS

Stewardship Teamwork
Tenacity Vision

LANGUAGES



ACHIEVEMENTS

- Implemented individualized care plans, resulting in a 20% increase in client satisfaction scores.
- Successfully reduced client hospital readmission rates by 15% through diligent health monitoring and support.