

BENITA KARPINSKI

OBJECTIVE

To acquire a position where I can positively contribute to the success of a company and further develop my career skills.

EDUCATION

Registered Practical Nurse Humber College	2010 – Present
Personal Support Worker CDI College	2004
Dental Office Administration George Brown College	2002 – 2003

WORK EXPERIENCE

Rehabilitation Support Worker Wright Rehab	Present
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Provide consistent support to individuals living with ABI to progress toward their rehabilitation goals. Effectively work with a multi disciplinary team to implement strategies to promote independence and skill development in management of daily activities in the home and community. Encourage client coping mechanisms to manage issues of pain, fatigue and frustration. Develop professional session notes to record progress and identify challenges for team review.

Health Care Nursing AgTa Health Care Co.	2005 – Present
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- Assisted elderly persons and people with dementia, brain injury and physical disabilities
- Responsible for care, safety, and well-being of clients
- Assistance with therapy for persons with disabilities
- Assistance with meal preparation, shopping, cleaning, and other household affairs
- Maintained a safe and clean environment
- Assistance with activities of daily living

Long Term Care Nursing Home
Copernicus Lodge**2008 – 2009**

- Responsible for the ongoing compassion and care for persons
- Assistance with daily activities and feeding
- Assistance with grooming, toileting and showering

Home Nurse
Private Family**2009 – Present**

- Assisting a person with brain injury and ambulation
- Assistance with shopping and daily activities
- Daily encouragement for physical exercise

VOLUNTEER EXPERIENCE

Personal Support Worker
Recai Centre & Centre Park Lodge**2004**

- Taking care of elderly and people with disabilities
- Providing safe and healthy environment for patients
- Meal and other personal assistance
- Developed necessary skills needed to maintain healthy environment for elderly people
- Learned ways to help patients keep a excellent personal hygiene
- Developed excellent skills in communicating and interacting with elderly and people with disabilities
- Gained excellent knowledge of communication strategies

Dental Office Assistant
Altima Dental Office**2003**

- Scheduling appointments, recalls with clients
- Answering phone calls and inform customers of services provided
- General office duties
- Developed computer skills such as working on Microsoft Office and Lotus Notes
- Learned the skills needed to attract customers and meet their needs

INTERESTS

Reading books, travelling and attending social events