
Jessika Perron

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EXPERIENCE

Individual Pursuit - Victoria, BC - *Community Support Worker*

AUGUST 2020 - PRESENT

Both Day Program and Group Home:

- Assist individuals with daily scheduled activities and tasks.
- Fill out various administrative forms and daily logs.
- Initiate and participate in various leisure activities to help maintain an active life for individuals.
- Assist with mobility and transportation between activities.
- Assist with administering medication as required for each individual.

Day Program:

- Assist with toileting.
- Provide meals according to their individual meal plan.

Group Home:

- Assist with toileting, bathing, grooming, and dressing.
- Cook and provide meals, according to their individual plans.
- Provide overnight assistance/supervision

Natural Living Cleaning (Self Employed) - Sooke, BC - *Cleaner*

SEPTEMBER 2018 - MARCH 2020

- Performed cleaning duties at a high standard including vacuuming, mopping, cleaning windows, dusting, and bathrooms.
- Worked individually, and as a team to tackle various cleaning jobs.

SKILLS

- **Bilingual: French and English**
- Class 5 BC Drivers License
- Standard First Aid and CPR
- FoodSafe Level 1
- SIVA (Supporting Individuals through Valued Attachments) Training
- Exceptional **interpersonal skills**: able to relate and adapt to a wide range of personalities
- Able to accurately establish priorities and adapt to many different work environments
- Outstanding **organizational skills**
- Equally effective working in **self-managed** and **team** settings