

Tomoko Palko

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Compassionate and dedicated health care aide willing to make a meaningful contribution to local communities by serving various clients who need assistance with maintaining and improving their independence and wellbeing.

Work Experience

Home Caregiver

Allman Home Care - Sooke, BC
September 2011 to May 2021

- Assisted clients with daily activities such as meal preparation, bathing, dressing, and personal care.
- Assisted with medication and prescribed exercises as directed by supervisors
- Performed housekeeping tasks to ensure safe and comfortable living environment for clients
- Promoted physical and mental wellness by taking clients for outings
- Communicated with supervisors and family members to keep clients' record up to date

Resident Care Attendant

Mount Saint Mary Hospital - Victoria, BC
March 1998 to June 2007

- Followed personalized resident care plans and provided residents' daily care needs
- Supported residents in maintaining mobility and assisted with lifting and transferring by utilizing prescribed mechanical aids
- Performed nursing procedures such as taking vital signs, administering suppositories and non-sterile dressings as directed by supervisors
- Collaborated with team members to individualize care as much as possible to promote a home-like environment

Education

Resident Care Attendant Certificate

Camosun college - Victoria, BC
September 1997 to February 1998

Nursing Diploma

Yokohama city university nursing school - Yokohama, Japan
April 1987 to March 1990

Skills

- Senior Care

- Dementia care
- Home Care
- Meal Preparation

Certifications and Licenses

Emergency First Aide & CPR/AED level C

June 2023 to June 2026

Resident Care Attendant

Camosun college. Jan. 1998

Palliative care certificate

April 2004 to June 2004

Mount Saint Mary Hospital

Class 5 drivers license