

# Faith Herron

305 Mt. Crandell Crescent West Lethbridge, AB T1K 6Z4

**587-220-9421**

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## PROFESSIONAL SUMMARY

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For over 9 years I have provided daily supportive care for my amazing son, who has a diagnosis of Autism Spectrum Disorder. We have skilled and talented Behavioural, Occupational, Speech Language, and Physical therapy providers in our home who have taught me the following skills to assist individuals who are differently abled:

- ∞ Friendly and cheerful; enjoys working with and caring for people
- ∞ Certified Health Care Aide with 2+ years' experience working in home care:  
showering, grooming, changing briefs/bedding, preparing meals, and light housekeeping
- ∞ Knowledgeable in cognitive and behavioural disabilities: Autism Spectrum, ADHD, ODD, FASD, PTSD, brain injury, and sensory profiles
- ∞ Practice positive behaviour modification to encourage positive behaviour patterns
- ∞ Use visual aids such as the PECS System to assist with better understanding
- ∞ Experience with medication distribution
- ∞ Proficient in documentation for shift summaries, incidents, concerns, and observations
- ∞ Trained to identify and report signs of abuse and neglect
- ∞ Physically capable of bending, standing long shifts, and lifting 50 pounds
- ∞ Clean Criminal Record Check, Child Intervention Check, Class 5 license and vehicle

## RELEVANT EMPLOYMENT EXPERIENCE

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**Caregiver/Homemaker**, Lethbridge, AB 2012-Present

- Collaborate with a team of aides, assistants, and therapists with occupational, behavioural, physical, and speech goals
- Create positive routines and patterns for lifeskill development, community integration, and academic success
- Participate in training, workshops, courses, and activities as laid out by FSCD and support teams
- Use visual aids to encourage communication of feelings, thoughts, and needs
- Document challenges and successes to identify areas for celebration and improvement

**Home Care Aide**, Private Client, Coutts, AB 2010-2012

- Provided dignified and supportive home and domestic care to a client who was homebound due to hip replacement surgery
- Performed ADLs: showering, grooming, washing dentures, changing briefs/bedding, washing laundry, preparing meals, housekeeping, and caring for 2 dogs
- Took time to have meaningful conversations with an individual limited in visitors
- Used sit-to-stand lifts to transfer the client between their bed, wheelchair, toilet, shower, and living areas
- Charted shift summaries, medications, observations, and concerns

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**ADDITIONAL EXPERIENCE**

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**Release Agent**, Livingston International, Coutts, AB 2016-2018

- Worked 10-12 hour shifts in a busy fast-paced 24 hour border crossing as a Release Agent for Commercial Vehicles entering Canada
- Filled out Canada Customs Invoices for semi-tractor loads of Canadian imports
- Entered goods into database for Canadian Border Agents
- Deescalated truck drivers who were frustrated from border delays
- Phoned dispatchers at trucking companies to get missing information
- Filed, scanned, and organized documentation for records management

**Housekeeper**, Extendicare, Fort Macleod, AB 2008-2009

- Cleaned residents' rooms, common-areas, bathrooms, kitchens, and hallways
- Washed, dried, and sorted laundry for residents; changed bedding and towels as needed
- Followed Alberta Health Service's cleaning and sanitization protocols
- Visited with residents for 30 minutes each, on a daily rotating schedule, to provide meaningful conversation and interactions
- Provided sensitive services to residents while attending to in-room clean ups

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**EDUCATION AND TRAINING**

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**Paralegal Assistant Diploma**, Reeves College, Lethbridge, AB 2014-2016

**Health Care Aide Certificate**, Training Inc., Lethbridge, AB 2010

**High School Diploma**, Willow Creek Composite High, Claresholm, AB 2008

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**REFERENCES**

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Maegan Bernicky, Co-Worker, Livingston International 403-635-5151

Tina MacDougall, Co-Worker, Livingston International 403-393-3095

Les Tallmadge, Private Employer 403-360-8860