



A Day in the Life of a Personal Care Worker

6:50 a.m.

I'm on the morning shift today – I get to help the residents wake up and get ready as well as take part in some activities later in the day. I arrive ten minutes early so I can get a report from the night shift. It's important that I arrive early so I can be prepared to start on time at 7:00 a.m.

7:00 a.m.

The other Personal Care Worker and I assist the residents with getting up and completing their morning care. This includes assisting with personal hygiene, combing their hair, brushing their teeth and helping them get dressed. We make their bed and then move into the dining area and finish setting up some last touches for breakfast.

8:00 a.m.

It's breakfast time! Today I get to serve the residents their meal while my co-worker assists the residents with taking their medication. Once we're done, we clean up and look over our list of daily chores to complete.

9:00 a.m.

Now that the residents are up and ready for the day, it's time to assist with their bathing. This involves helping them in and out of the tub, washing their hair and their body. After this is done, I assist the residents with toileting. I assist them into the bathroom and sometimes this involves peri-care.

9:45 a.m.

It's break time! I take my 15 minute coffee break and sit down. I enjoy this time to myself and make sure I relax as I have a busy day ahead of me!

10:00 a.m.

Now it's time to get some cleaning done. I'm in charge today of cleaning the bathrooms and my co-worker is starting on room cleaning. This involves dusting, washing floors and vacuuming. When I am finished, I start on the laundry. As it finishes, we both help fold and put it away.

10:45 a.m.

It's time for juice, coffee or tea. We prepare the beverages and serve them to the residents in the dining area. We visit and talk about how nice the weather is outside!

11:00 a.m.

After our refreshment break, it's time to gather everyone in the living room and do some basic stretches and exercises. It's nice to see all of the happy faces as we laugh and visit with one another!

12:00 p.m.

After a busy morning, it's already time for lunch. All of the residents gather in the dining area and I help serve lunch to everyone. The morning has gone by fast and I am feeling refreshed and ready to start the afternoon!

1:00 p.m.

After lunch, if needed I assist with toileting the residents before I take my break for lunch. I take 30 minutes and enjoy my lunch by the window. I chat a bit with my co-worker about my plans for the weekend.

2:00 p.m.

After a delicious lunch, it's time to get back to work. It's now time for activities, which is my favorite part of the day! Today we are all going to play Charades, Bingo and other card games. Since the weather is so nice today, I think we will end off the activities with a nice walk outside.

2:50 p.m.

It's been another great day. I give a report of how the day went to the evening staff, say good bye to my friends, and then head home. I'm looking forward to tomorrow being another rewarding day!