



Henry Javato and Stephanie Nason (Hay River)



Pictured: Henry Javato and Stephanie Nason

Henry Javato

Please tell us about yourself and how you became a Personal Support Worker (PSW).

"I came to Canada as a landed immigrant in 2014. I worked as a registered nurse in the Philippines for five years before I moved to Canada. Back in August 2014, I applied as a Resident Care Aide at Hay River Health and Social Services Authority and heard that I was the successful candidate the day after the interview. I was relieved that I was still able to work in Canada as a health care provider. As of now, I'm working as a full-time Long Term Care Aide in Woodland Manor."

What do you enjoy most about your job?

"What I enjoy the most about my job is when you are taking care of an elder and you see the smile in their face. You can tell they feel loved and cared for. That makes me happy. I also like to perform (dancer or sing) for them if there's an occasion or party."

What does a day in the life of a PSW look like?

"The life of a PSW in Hay River is quiet. Our work schedule is very flexible, letting us have time to enjoy our life with our family. I always make myself busy too, taking some extra shifts if they need someone to cover staff deficiencies."

Stephanie Nason

Please tell us about yourself and how you became a Personal Support Worker (PSW).

“My name is Stephanie Nason. I am a mom to three boys and many fur babies. My mother and father were nurses. I remember as a child my mom told me that health care aides were the backbone in nursing and without them, nurses would struggle. That always stuck with me. Becoming a care aide did not really cross my mind until I had my first child and I realized I needed to do something meaningful with my life and career. So I took the Personal Support Worker Program in Yellowknife. I loved every minute of it and graduated in 2009.”

What do you enjoy most about your job?

“What I enjoy most about my job is hearing my residents laugh and tell their stories. I love that you constantly learn in this profession.”

What does a day in the life of a PSW look like?

“Like many professions, a day as a PSW can be great but also challenging. There are days when everyone is enjoying their day; people are healthy and joining in the activities. There are also days that can be mentally and physically exhausting. Although it’s not always easy, spending time with the residents is incredibly rewarding and makes my day.”