

SUBEG SHRESTHA

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☎ 04090784934

📍 Gosford, NSW 2250

SKILLS

- Mobility assistance
- Dementia care
- Personal hygiene assistance
- Emotional support
- Social support

EDUCATION

Cube Institute

211 Hawthorn Rd, Caulfield VIC 3162
• 03/2021

Certificate III In Individual Support

Australian Institute Of Higher Education

545 Kent Street, Sydney NSW 2000 •
02/2020

Bachelor of Accounting

PROFESSIONAL SUMMARY

Compassionate and dedicated Personal Support Worker at Glenview Community Services, skilled in mobility assistance and emotional support. Successfully fostered client independence and well-being through empathetic communication and personalized care, enhancing their quality of life and promoting social engagement —proven ability to build trust and facilitate meaningful connections with clients.

WORK HISTORY

Glenview Community Services - Personal Support Worker

Glenorchy • 04/2022 - 02/2025

- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Assisted clients with daily living activities, promoting independence and well-being.
- Assisted clients in maintaining personal hygiene through bathing, grooming, and dressing tasks.
- Maintained accurate records of patient care, progress, and concerns, contributing to effective communication among healthcare team members.

Perigon Care and Support Solutions - Disability Support Worker

Hobart • 02/2023 - 01/2024

- Assisted in daily living by dressing, grooming, bathing, and toileting patients.
- Drove clients safely to social activities and appointments.
- Developed strong interpersonal relationships with clients, earning their trust and respect through consistent empathy and understanding.
- Supported clients in maintaining a clean living space by assisting with household tasks such as laundry, meal preparation, and general tidying.

Community Based Support - Community Support Worker

Moonah • 02/2023 - 08/2023

- Assisted clients in achieving greater independence, fostering a sense of empowerment through guidance and encouragement.
- Established trust-based relationships with clients through empathetic communication and active listening skills.
- Facilitated community outreach to expand participation and support.
- Supported clients through the development of new life skills, obtaining resources, and transitioning back to society.

Nexus - Disability Support Worker

Hobart • 08/2022 - 01/2023

- Assisted in daily living activities by dressing, grooming, bathing, and toileting patients.
- Supported clients in maintaining a clean living space by assisting

with household tasks such as laundry, meal preparation, and general tidying.

- Delivered exceptional personal care services, including bathing, dressing, grooming, and feeding assistance.
- Prepared nutritious meals to meet individual dietary needs for clients.
- Provided high level of physical support by lifting, adjusting, and moving clients.

Living My Way - Support Worker

Sydney • 01/2019 - 05/2020

- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Helped clients manage and reach individual goals, supporting independent progression and social skills.
- Enhanced the quality of care for clients by providing personalized support and assistance with daily living activities.
- Transported clients to appointments, shopping venues and entertainment events according to determined schedule.
- Kept clients engaged in social networks and communities for personal health and growth.