

BITISHA DAHAL

Strathfield Australia 2135
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PROFESSIONAL SUMMARY

Compassionate and dedicated Aged Care Worker with hands-on experience nearly 1 year at Presbyterian Aged Care, Ashfield, and additional experience working through agencies across various aged care facilities. Demonstrates exceptional ability to deliver personal care, emotional support, and assistance with daily activities. Seeking a permanent part-time role to provide consistent and high-quality care to residents, while leveraging diverse experience gained across multiple facilities. Available for 48 hours fortnightly, ensuring dependable and reliable support..

SKILLS

- Proper feeding techniques
- Positive Attitude
- Mobility Assistance (using Hoist, wheelchair)
- Adaptability and Flexibility
- Manual Handling
- Speak multiple language
- Strong Work Ethic
- Privacy and confidentiality
- Care Plan Adherence
- PPE Usage
- Emotional support and companionship

WORK HISTORY

10/2024 to Current **Support Worker**

National Community Support Group – Padstow, NSW

- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Established trusting relationships with clients and their families through empathetic communication and active listening.
- Safeguarded client well-being by monitoring health conditions, administering medications, and reporting any changes to appropriate medical professionals.

09/2024 to 12/2024 **Certified Nursing Assistant**

National Network Plus – French Forest, NSW

- Provided high-quality personal care services such as bathing, grooming, dressing, and feeding to ensure patient dignity.
- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Improved patient care quality by monitoring and recording vital signs, fluid intake, and output.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing,

and teeth brushing.

- Prevented pressure ulcers development through frequent turning, repositioning of patients, and diligent skin assessments.
- Conducted regular rounds to monitor patients' physical and mental status throughout shifts.

07/2024 to 09/2024 **Care Service Employee**

Presbyterian Aged Care – Ashfield, Australia

- Improved patient satisfaction by providing compassionate care and addressing individual needs.
- Facilitated activities for patients, promoting engagement and social interaction within the community setting.
- Supported patients physical needs by assisting them with daily living tasks such as bathing, dressing, grooming, eating, mobility assistance along with other similar tasks.
- Developed trusting relationships with patients through active listening skills, genuine compassion, and consistent follow-through on commitments made during conversations.
- Maintained accurate records, ensuring proper documentation of patient information and care interventions provided.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.

EDUCATION

Certificate IV: Aged Care

Aussieglobe Academy

CERTIFICATIONS

- Certificate IV in aged care (2024)

Aussieglobe Academy, Rockdale

- First Aid, Manual Handling and CPR (2024)

Aussieglobe Academy, Rockdale

- Safe Chemical Handling (2024)
- Fire & Safety (2022)
- Hand Hygiene (2023)
- Police Check
- NDIS check
- WWCC

Expected in 11/2025 **Bachelor's: Community Service**

Acknowledge Education - Level 1, 55-73 Oxford Street, Surry Hills, NSW

- Social work theories & practice
- Community engage and development
- Ethical and legal Consideration
- Mental health support and interventions
- Cross-cultural communication

REFERENCES

Provided as per request!!