

# AAYUSHA ACHARYA

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Passionate, Hardworking and looking for a Personal Care Worker role where I can utilize my skills, put my learnings into practice and contribute to support resident's independence. Well organized and meticulous about paying attention to details. Hardworking and loyal individual, who has good communication and interpersonal skills. A very good team member, with the ability to learn skills quickly and efficiently. I am very enthusiastic and self-motivated towards my work. My motivation comes from my desire to achieve goals; this factor has given me the ability to concentrate on and execute the task in hand in a specified amount of time.

## EXPERIENCE

- 1-year experience working as a Catering Assistant (General Officer 2) at Mount Wilga Private Rehabilitation Hospital.
- Bays Water Gardens (AIN TRAINEE)

### **PERSONAL SUPPORT WORKER STUDENT | BAYSWATER GARDENS, 65 ALBANS STREET, ABBOTSFORD, SYDNEY NSW**

I DID MY PLACEMENT IN BAYSWATER GARDENS AGE CARE AND HELPED TO PROVIDE CARE AND SUPPORT TO ELDERLY PEOPLE WHO NEEDED ASSISTANCE WITH DAILY LIVING.

#### **Experiences From Assistant in Nursing- Under Supervision (Work Placement)**

- From providing domestic services in the residential facility including food handling, laundry, cleaning, and other tasks as instructed by the Care Leader / Registered Nurse.
- To report and document any changes in resident's health and well-being
- To protect the rights of residents and ensure the care provided maintains resident's dignity and privacy
- To serve meals to patients and then monitor their eating habits.
- To attend to the personal needs of the resident including all activities of daily living, and social-emotional support by the care plan and at the direction of the Supervisor Care Leader / Duty Nurse
- To take the patient's temperature, blood pressure, pulse, and respiration rates, follow the correct manual handling procedures.

## EDUCATION

### **| ST. XAVIER'S SCHOOL |2021 PASSOUT | HIGH SCHOOL,**

graduated high school taking biology science as major with extra math's.

### **| WENTWORTH INSTITUTE OF HIGHER EDUCATION | ONGOING BACHELOR'S OF INFORMATION TECHNOLOGY (BIT)**

## CERTIFICATES

- CHC33021 Certificate III in INDIVIDUAL SUPPORT (AGEING)
- Manual Handling
- Infection Control and Hand Hygiene
- Dementia Handling
- Elder Abuse Training
- WHS Training
- Cultural Diversities Training
- Incident/Accident/Hazard Management Training
- Continence Management and Assessments
- CPR and First Aid Training Certificate

## SKILLS

- Verbal and written communication in English
- Leadership, teamwork, and collaboration
- Quick adaptability to situations and environments.
- Empathy
- Productive employee with a solid work ethic who exerts optimal effort in completing tasks
- Having a non-judgmental attitude, committed to patient safety, comfort, and privacy.

- Hospital experience in serving food and taking care of patients.

## REFERENCE

- **PUSHPA NEPAL (Register Nurse)**

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- **Puja Kunwar (Hammond care PCA)**

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- **Neiky Sapkota**

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