



# Pratikshya Regmi

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## Professional Profile

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I am compassionate and dedicated individual who can provide high-quality care to elderly individuals. Known for excellent communication skills, empathy, and the ability to build trusting relationships with residents and their families. Seeking an opportunity to contribute to a reputable aged care facility where I can continue to provide exceptional care and support.

## Special skills

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- ✓ Good Communication and Empathy.
- ✓ Team collaboration.
- ✓ Patience and Flexibility.
- ✓ Good Physical Stamina.
- ✓ Good Problem solving skills.
- ✓ Full working rights.
- ✓ Available for any shifts.

## Employability Skills

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- ✓ I am able to listen and respond to the needs of elderly clients clearly.
- ✓ I am able to work long hours and handle the physical demands of caregiving.
- ✓ I can efficiently manage multiple tasks and responsibilities.
- ✓ I can adjust to changing situations and varying level of client needs.
- ✓ I can cope with the emotional challenges while working with elderly clients, including dealing with illness and end-of-life care.
- ✓ I can maintain a positive attitude and managing stress effectively.

## Interests

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- ✓ Working for the community and society.
- ✓ Aged care, disability care and childcare.
- ✓ Roles with basic as well as advanced computer skills with

administration role.

## **Certificates**

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- ✓ Certificate IV in ageing with medication.
- ✓ Certificate in first aid and CPR.
- ✓ Manual Handling

## **References**

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- ✓ Niranjana Prasai, Training manager, The Victorian centre for training and development, 0451995201
- ✓ Gopal Neupane, Carer, Nova community care, 0405392155, gopalneupane88@gmail.com
- ✓ Garima Regmi, Carer, Avalon home care, 0411622015
- ✓ Rojina Manandar, Carer, Estia Age care