

Karuna Shrestha
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Objective: Motivated and compassionate individual, recent graduate of Certificate III in Individual Support, seeking an entry-level position in aged care to apply theoretical knowledge and provide dedicated care to elderly residents.

Education: Aged Care Certificate III Studywise College, Suite 2A/1 Station Rd, Auburn NSW, Feb 2024-July 2024

- Completed comprehensive training in aged care principles, including personal care, and client-centered care.
- Developed practical skills through hands-on experience and simulation exercises.

Employment History:

- Parent and child trainer| Nepal Autism Care Society| 31st May-4th Nov 2022
- Volunteer Aide | Heritage Illawong Aged Care, 351 Fowler Rd Illawong NSW 2234| 27th May-12th June 2024
- (Disability Support worker) | Nova Community Care, 28A Clarendon Rd Peakhurst NSW 2210| 22th July-31st July 2024
 - Assisted with basic care tasks for elderly individuals.
 - Engaged in activities to promote social interaction and mental stimulation.
 - Provided first-aid to residents
 - Maintained WH&S standards and protocols
 - Provided individualized client support

PROFESSIONAL SKILLS SUMMARY: Well versed in providing personal care and hygiene services such as using bedpan, bathing, oral care, dressing/undressing, ambulation, shaving and assisting to use commode.

- Skilled in transferring activities and assisting residents with mobility issues
- Skilled in housekeeping activities and meal preparation
- Good communication skills- greeting visitors, residents, and staff politely, maintaining good
- communication and trustworthy relationship with the residents
- Modifying practice to accommodate individuality of each client and involve them and their
- families in the delivery of care
- Documenting patient care accurately and objectively
- Ability to use the hoists
- Basic computer skills like Microsoft Word, Excel, Outlook

CERTIFICATIONS

- Certificate III in Individual Support
- Working with Children Check
- CPR & Manual Handling Certificate
- NDIS Orientation Module Certificate
- First Aid
- National Police Check

References:

Bebishal Basnet(bebishal@novacommunitycare.com.au) – RM – (Nova Community Care)

Bhuwan Subedi (vuone7814@gmail.com) – 0449800974 – RN (Heritage Illawong Aged Care)