

Arusha Shrestha

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PROFESSIONAL PROFILE

To secure a position as a Personal Care Assistant where I can leverage my compassion and dedication to providing high-quality care. I aim to contribute to the well-being of residents while maintaining professionalism and fostering a supportive environment. I completed **studying and work placement at Bupa Willoughby, Chatswood in Certificate IV Disability** caring elder and disable people with proper documentations.

PROFESSIONAL EXPERIENCE

Personal care assistants (PCA)

Catholic health care, Surry hills, Sydney

May 2023 - Feb 2024

- Assist residents with daily living needs to maintain self-esteem and general wellness.
- Engage with residents in meaningful conversation, socialization and activity while providing personal care assistance.
- Helping, understanding and making them feel loved.

Assistant In Nursing (AIN), Estia Health, Ryde Sydney

Dec 2022- april 2024

- Provide personalized care to elderly residents, ensuring their self-esteem and general wellness.
- Develop strong relationships with clients, offering emotional support and companionship.
- Engage residents in meaningful conversations, socialization, and activities while delivering personal care assistance.

Support Woker,

Angels on wheels Rockdale

May 2022 – oct 2022

- Built strong relationships with clients to deliver emotional support and companionship.
- Assist residents with daily living needs to maintain self-esteem and general wellness.
- assisting the clients with various disabilities and recommending and implementing appropriate assistive technologies to enhance their independence and improve their overall quality of life.
- Making them feel loved and respect them for what they are

Student Placement

Bupa Aged Care Willoughby, 71-79 Sydney Street, Willoughby, NSW 2068 Chatswood

April 2022 – May 2022

Responsibility

- Assist resident with personal care such as dressing and grooming.
- Be compliant and updated with Aged Care Standards.
- Assist residents with daily living needs to maintain self-esteem and general wellness.
- Built strong relationships with clients to deliver emotional support and companionship.
- Engage with residents in meaningful conversation, socialization and activity while providing personal care assistance.
- Learned about the medication and assist the resident with medication.

Certification

Certificate IV in disability support	05-2022
Police Check NSW	03-2022
Covid Vaccination with 3 doses	

Professional Development

Manual Handling
Infection Control and Hand Hygiene
Dementia Handling
WHS Training
Cultural Diversities Training
Medication

Education

***Bachelors in nursing University of Newcastle
77 Holden St, Gosford NSW 2250***

REFERENCES

**Global Education Institute (GEI College)
281-287 Beamish St, Campsie NSW 2194
0420688574**

**Sweta Khatiwada (AIN)
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