

Barsha Mahat

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Objective

I'm a caring and motivated person who truly enjoys helping others, especially the elderly. I have experience working with older people, including those who face difficult behaviors or mental health challenges. I always treat everyone with respect and kindness, making sure they feel safe, heard, and valued. I'm looking for an Assistant in Nursing role where I can make a real difference in people's lives and continue to grow while doing meaningful and rewarding work.

Personal Attributes

- Strong problem-solving and multitasking abilities
- Compassionate and empathetic nature
- Excellent organizational and time management skills
- Strong work ethic and reliability
- Effective communication and interpersonal skills
- Ability to work well in a team and independently with minimal supervision

Professional Skills

- Proficient in providing personal care assistance, including bathing, dressing, and grooming
- Skilled in supporting individuals with mobility challenges, including using mobility aids and transferring techniques
- Knowledge of aged care regulations and best practices
- Ability to handle emergency situations with a calm and patient approach
- Experienced in maintaining accurate records and documentation
- Strong ability to build rapport with elderly individuals and their families

Work Experience

AIN Placement at Blacktown Terrace Care Community

- Supported residents' emotional and physical needs with empathy and reassurance.
- Maintained dignity and respect in all aspects of personal care.
- Assisted with daily activities including hygiene, grooming, feeding, and toileting.
- Provided emotional support to residents and families, helping with long-term planning.

- Monitored residents' wellbeing and reported changes to the Registered Nurse.
- Maintained a clean, safe, and comfortable environment for all.
- Confident in using full hoist lifters and practiced safe manual handling.
- Documented care and promptly reported any concerns to nursing staff.
- Communicated effectively with residents, families, and team members.
- Identified and reported safety risks, including falls and hazards.
- Managed tasks independently and as part of a team.
- Experienced in caring for residents with dementia.

Education

Melbourne Institute of Technology (MIT)- Sydney, Australia

- Masters of Business Research

Certificate

Certificate III in Individual Support – CHC33021

Blacktown Terrace Care Community- Blacktown, NSW

- Manual handling Certificate
- CPR/First AID Certificate

Availability

7 days a week (no work limitations)

References

Asmita Aryal

AIN at Bankstown Terrace
Care Community
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asmitaaryal25@gmail.com

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