
Belinda Montague

*Friendly, Caring and Qualified Personal Support Worker
16 Years' Experience*

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Friendly, Caring & Qualified Support Worker / Personal Carer

Confident Communicator ♦ Compassionate ♦ Highly Skilled ♦ Punctual & Organised
Aged Care ♦ Community Care ♦ Low Care & High Care Experience ♦ Dementia Experience

Profile Summary

I am a confident, enthusiastic and client focused **Personal Support Worker** with extensive experience and strong skills in providing responsive client care in an aged care setting. My goal is to provide exceptional care to the elderly and make a positive difference to the lives of others which considers the physical, psychological, spiritual, social and cultural needs of my client to ensure they maintain their own wellbeing and independence. You will find me to be honest, trustworthy, punctual and reliable and willing to learn any new skills. I follow all organisational policy and procedures to ensure the safety and security of everyone involved. When I relate with clients, I am focused on them, remain present, attentive and give 100%. As a flexible team player, I can work any hours or shifts that are required and I will bring a positive, easy-going attitude, high level of dedication and enthusiasm.

Key Industry Skills

- 16+ years' experience in carer roles – low care and high care (Aged Care Community & Community Care)
- Workplace Health & Safety; Infection control; Covid-19 Procedures
- Manage challenging behaviours and experience with dementia and brain injured clients
- Manual handling procedures – safe operation of hoists, wheelchair and other mobility aids
- Immaculate personal presentation
- Able to de-escalate conflict and negotiate effectively, Emotional intelligence
- Excellent written and interpersonal communication skills
- Complete forms in accordance with company procedures
- Computer literacy and proficiency
- Experience in administering medications
- Have trained and mentored staff in aged care operations (buddy shifts)

Qualifications & Certificates

- Certificate IV in Aged Care, TAFE Gosford, 2022 (currently enrolled)
- Certificate III In Aged Care, TAFE Gosford, 2006
- Blue Card – Working with Children (Currently Applying)
- First Aid Certificate + CPR, Valid to 2023
- Current Police Check
- NSW Drivers Licence (Open, Manual) & Own Vehicle with Comprehensive Insurance
- Year 12 Certificate, Gosford High School, Gosford NSW

Professional Development & Training

• Infection control assessments	• Handling soiled linen and clothing	• Covid-19 Training
• PPE equipment	• Respiratory Hygiene	• Hand Hygiene
• Changed behaviours	• Preventing Musculoskeletal Injury	• Food Safety Program
• Deteriorating Residents	• Infection Control (Covid-19)	• Supporting People to Move
• Pain management procedures	• Dignity in care principles	• Wound management policy
• Cleaning shared equipment	• Continence and the elderly	• Serious incident response
• Disposal of sharps	• Use of Carendo Shower Chair	• Use of Sara Stedy
• ACFI Funding	• Consumer directed care	• Missing resident
• Inappropriate Behaviour & Assault	• Safety Awareness	• Understanding Dementia

Career Snapshot

Personal Carer	Peninsula Village, Umina Beach	Jul 2006 – May 2022
Hospitality Attendant	Fragrant Garden, Erina	May 2003 – Jul 2006
Bar Attendant	Central Coast Leagues Club, Gosford	Apr 1996 – May 2003

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Personal Attributes

- Caring, empathetic, patient and tolerant manner with a positive, friendly nature
- Provide compassionate care and companionship to clients
- Value honesty, trust, reliability and punctuality
- Very good team skills and get along well with different personalities
- Well-developed organisational and time management skills with a proven ability to work autonomously
- Highly motivated individual with attention to detail and a sound work ethic

Employment History

Peninsula Village, Umina Beach

Jul 2006 – May 2022

Personal Carer

- Working in a team of 8 to provide quality care and support to up to 90 residents
- Assisting with showering and personal care routines
- Administering medications and looking after catheter and colostomy bags
- Bed making, changing linen, tidying rooms
- Domestic assistance – Serving breakfast and lunch in the dining room
- Taking client to medical appointments, community appointments and outings
- Accurately recording resident notes in the computer system
- Liaising professionally with residents, their families, visitors and other health professionals
- Safe manual handling and operation of mobility equipment

Fragrant Garden Cafe, Erina

May 2003 – Jul 2006

Hospitality Attendant

- Waitressing
- Running functions
- Health and safety

Additional Information

Date of Birth	20 July 1973
Health	Excellent – fit & healthy Lead an active lifestyle Covid-19 Vaccinations
Transport	C Class Drivers Licence Own Reliable Vehicle
Marital Status	Married with 2 daughters
Hobbies / Interests	Swimming & beach activities, walking, spending time with friends and family
Awards	Awarded 'Employee of the Month' several times

Professional Referees

Lana Simpson	Former Care Manager – Peninsula	ph: (02) 4942 7477
Deb Slocombe	Registered Nurse – Peninsula	m: 0407 452 293

Belinda was a contentious, caring nurse that gave 110% to the residents, completed extra shifts, was always 20 minutes early for her shift and never left without completing her duties and documentation. Belinda was eager to learn and coped with change well. Belinda has excellent communication skills both verbal and written. Belinda will be a asset to any organisation she chooses to join.

Lana Simpson – Residential Site Manager, St Francis Village

Thank you for your Consideration