

BINA LAMA



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0410519954



Auburn, NSW 2144

PROFESSIONAL SUMMARY

A diligent and service oriented person who can adapt as Caregiver, focused on providing optimal support to clients through personalized assistance and care required to manage diverse medical conditions. And as Housekeeper managing multiple, concurrent tasks in fast paced environments.

SKILLS

- Patient and Caregiver Education
- Medical Reminders
- First Aid and Safety
- Companionship and Emotional Support
- Mopping and Buffing Floors
- Cleaning Bathrooms
- Company Guidelines
- Linens and Toiletries
- Stocking Bathrooms

EDUCATION

Sydney International

14/233 Castlereagh Street, Sydney
• Expected in 03/2024

Associate of Science: Information Technology

Tri-Chandra College

Nepal • 07/2018

Bachelor of Science: Physics

CERTIFICATIONS

- PCW - Personal Care Worker
- CPR
- Manual Handling
- Hand Hygiene

PROFESSIONAL EXPERIENCE

Cloverlea Age Care Home - Caregiver

Burwood, NSW • 07/2023 - 08/2023

- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.
- Engaged patients in meaningful conversation, socialization, and activity while providing personal care assistance.
- Built strong relationships with clients to deliver emotional support and companionship.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.

Shangrila Hotel - Housekeeping Room Attendant

The Rock, NSW • 06/2022 - 08/2023

- Engaged with guests on room requirements and amenities to promote overall satisfaction.
- Replaced used towels and other bathroom amenities such as shampoo, paper towels, and soap.
- Removed bed sheets and towels from rooms and pre-treated stains to maintain and restore linen condition.
- Completed pre-cleaning duties by setting up cleaning carts with fresh linens, cleaning supplies, and requested guest supplies.

Little Bud English School - After-school Tutor

Nepal • 09/2019 - 05/2020

- Motivated students towards learning and studying to build self-confidence and reduce fear of failure.
- Provided homework assistance using specific curriculum and materials.
- Collaborated with students to complete homework assignments, identify lagging skills, and correct weaknesses.