

Binish Poudel

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CAREER OBJECTIVE

Dedicated and compassionate professional seeking a rewarding role in the Age Care sector in Australia. I work effectively both with a team and individually using my own initiative. I have completed my Certificate III in Individual Support, equipped with the necessary skills and knowledge to provide exceptional care to elderly individuals. Eager to contribute my expertise and empathetic approach to improve the quality of life for senior citizens and make a positive impact on their well-being.

KEY STRENGTHS

- Proactive, dynamic and nurturing attitude.
- Effective communication skills and good understanding of hygiene practises.
- Able to multi-task and prioritise tasks accordingly through my excellent organisational skills.
- Ability to work within a team and contribute to tasks to achieve organisational objectives which has allowed me to develop leadership skills.
- Strong interpersonal skills gained through extensive customer service experience and academic course.
- Proficient in written communication and administrative skills.
- Proficient in Microsoft Word, Excel & PowerPoint, social media etc.

EDUCATIONAL QUALIFICATION:

Certificate III in Individual support
2024

Oscars Training

- Fully Immunised for Covid 19 (Booster and influenza shot on July 24, 2024)
- Attained HLTAID011 Provide First Aid Certification on July 2, 2024
- Manual handling training Certificate on July 2, 2024

Master of Information Technology

Completed 2024

Kings Own Institute

Key Achievements: Developed interpersonal community skills, involved in seminars and presentations, team and peers' collaboration.

Visa Condition

Visa sub class 485 (no work restriction) – Till 2029

Availability: Full time/Part-time

Work EXPERIENCE

Placement History:

Bupa Aged Care Queens park – August 2024

Key Achievement:

- Successfully completed placement with outstanding supervisor feedback, by quickly understanding role, maintaining strong communication and building strong rapport with residents and colleagues.
- Shadowed a Care pattern and expertise in apparatuses in care facility.

Duties:

- Work with clients with conditions including dementia, Parkinson's disease, type 1 and 2 diabetes, cancer, mental health disorder, cognitive impairment, and loss of mobility.
- Provide emotional / physical support to patients and families.
- Provide care services to residents in accordance with care plans.
- Assist and support residents with activities of daily living in the areas of personal hygiene, grooming, oral hygiene, continence management, mobility, food and fluids, maintenance of hearing aids, exercises, use of wheelchairs and other aids including manual handling.
- Maintained accurate and detailed records of resident care, activities, and any observed changes in health or behaviour.
- Demonstrated expertise in safe manual handling techniques, utilising lifting equipment and proper body mechanics to prevent injuries to both residents and me.
- Conduct regular checks on residents, promptly addressing their needs and concerns, and fostering a supportive and trusting environment.
- Maintain confidentiality of residential information.
- Supported and engaged residents in community-based recreational and social activities, promoting social interaction and mental stimulation.
- Comply with Workplace Health and Safety and Environmental Practices.

Skills:

- Certificate III in Individual support
- First Aid and CPR
- Manual Handling
- Work with diverse people
- Work legally and ethically
- Facilitate empowerment of older and disabled people
- Personal care assistance
- Mobility Support
- Communication and Interpersonal Skills
- Team Collaboration
- Empathy and compassion
- Health and Safety
- Dementia Care
- Problem-solving and adaptability
- Comply with infection prevention and control policies

REFERENCES

Bikram Adhikari , AIN (Contact no: 0433984007) – Anglicare Residential Age care

Rashmi Bhattarai, Care manager (Rashmi.Bhattarai@bupa.cpm.au) – Bupa Villages and Aged Care