

# **Bipika Paudel**

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## **Objective**

Compassionate and dedicated individual with hands-on experience in aged care through placement. Seeking a position as an Aged Care Worker to provide high-quality support and improve the quality of life for residents by utilizing my training and interpersonal skills.

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## **Key Skills**

- Strong understanding of individual care plans and client-centered support
  - Proficient in assisting with daily living activities, including personal care and mobility
  - Familiarity with aged care standards and WHS regulations in Australia
  - Effective communication and empathetic approach with residents and families
  - Experience in documenting and reporting client progress accurately
  - Team collaboration and time management skills
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## **Education**

**Bachelor's in business** (Ongoing)  
Western Sydney University, Australia

**Certificate III in Individual Support (Aged Care)**  
Studywise College , Australia

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## **Placement Experience**

## **Aged Care Support Worker (Placement)**

Meadowbank Grove care community, West Ryde , New South Wales

- *Supported elderly residents in daily activities, including personal hygiene, dressing, and meal preparation.*
  - *Assisted in mobility and transfers using appropriate equipment.*
  - *Built strong relationships with residents by providing emotional support and promoting social engagement.*
  - *Maintained accurate documentation of care plans and progress notes.*
  - *Ensured compliance with aged care standards and workplace health and safety practices.*
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## **Work Experience**

Room attendant

Holiday Inn Hotel, King cross

- *Cleaned and prepared guest rooms to meet high hospitality standards.*
  - *Replenished supplies and ensured rooms were hygienic and comfortable for guests.*
  - *Reported maintenance issues and assisted with guest requests promptly.*
  - *Demonstrated attention to detail and time management in a fast-paced environment.*
  - *Maintained adherence to workplace health and safety practices.*
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## **Certifications & Training**

- *Manual Handling Training*
- *First Aid and CPR Certification*

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## *References*

Available upon request.