

# BITISHA DAHAL

## PROFESSIONAL SUMMARY

Compassionate and dedicated Aged Care Worker with hands-on experience at Presbyterian Aged Care, Ashfield. Demonstrates exceptional ability to deliver personal care, emotional support, and assistance with daily activities. Eager to leverage experience into a permanent role at your organization to continue providing high-quality care to residents. Available for 48 hours fortnightly, ensuring consistent and reliable support.

## WORK HISTORY

**Food Service Assistant, 08/2024 to 09/2024**

**Courtland Village - North Paramatta, NSW**

- Provided valuable input on menu development based on customer feedback and personal observations of popular dishes or trends, contributing to the overall success of the establishment.
- Monitored food preparation and offered feedback on portion size and presentation.
- Offered information on menu items, garnishes and preparation methods to choosy residents.

**Food Service Assistant, 08/2022 to 08/2024**

**The Sydney Private Hospital - Ashfield, NSW**

- Adhered to safe work practices, food safety regulations, and corporate guidelines.
- Completed daily tasks such as dishwashing, trash removal, and restocking while adhering to established safety protocols.
- Enhanced resident satisfaction by providing friendly and efficient service during meal times.
- Ensured compliance with health regulations through frequent cleaning and sanitation practices within the food preparation area.

**Care Service Employee, 05/2024 to 05/2024**

**Presbyterian Aged Care - Ashfield, Australia**

- Improved patient satisfaction by providing compassionate care and addressing individual needs.
- Facilitated activities for patients, promoting engagement and social interaction within the community setting.
- Supported patients physical needs by assisting them with daily living tasks such as bathing, dressing, grooming, eating, mobility assistance along with other similar tasks.

## CONTACT

**Address:** Strathfield Australia 2135

**Phone:** 0414341245

**Email:** bitishaxtry@gmail.com

## SKILLS

- Safe Food Handling
- Strong Work Ethic
- Positive Attitude
- Privacy and confidentiality
- Mobility Assistance
- Care Plan Adherence
- Adaptability and Flexibility
- PPE Usage

- Developed trusting relationships with patients through active listening skills, genuine compassion, and consistent follow-through on commitments made during conversations.
  - Maintained accurate records, ensuring proper documentation of patient information and care interventions provided.
  - Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.
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## EDUCATION

### **Certificate IV, Aged Care**

#### **Aussieglobe Academy**

##### **CERTIFICATIONS**

- Certificate IV in aged care (2024)

Aussieglobe Academy, Rockdale

- First Aid, Manual Handling and CPR (2024)

Aussieglobe Academy, Rockdale

- Safe Chemical Handling (2024)

- Fire & Safety (2022)

- Hand Hygiene (2023)

### **Bachelor's, Community Service, Expected in 11/2025**

#### **Acknowledge Education** - Level 1, 55-73 Oxford Street, Surry Hills, NSW

- Social work theories & practice
  - Community engage and development
  - Ethical and legal Consideration
  - Mental health support and interventions
  - Cross-cultural communication
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## REFERENCES

- Deepak kadariya, Manager ( The Sydney Private Hospital )

Mobile number: 0451956979

- Gokul Panta, Care Service Employee ( Presbyterian Aged Care)

Email: gocoolpanta@gmail.com

- Viji, Manger ( Courtland Village)

Mobile number: 0400007267

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