



# NEHA THANAIT

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## OBJECTIVE

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Compassionate and dedicated person who completed placement at Thompson Health Care for certification. Seeking to leverage my skills and passion for providing high-quality care to the elderly as a valued member of the Thompson Health Care team.

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## EXPERIENCE

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### Individual Caregiver Placement at Thompson Health Care – Oran Park

14 July 2024 – 5 August 2024

- Provided comprehensive support to bedbound patients, including turning and positioning to prevent bedsores and maintain comfort.
- Engaged patients in conversations and activities to support mental and physical well-being.
- Assisted with daily living activities such as feeding, personal hygiene, and mobility support.
- Managed household tasks, including laundry, house cleaning, and meal preparation.
- Built and maintained strong relationships with clients and their families, ensuring effective communication.
- Reported health changes to case managers and documented daily activities and progress in logbooks.
- Supported clients' restroom needs and bed making.

### BARISTA at Ouzo Hospitality Private Limited – Lagankhel, Lalitpur, Nepal

June 2022- July 2023

- Demonstrated adaptability and efficiency in completing tasks within specified timelines
- Prioritized safety protocols and maintained a clean, organized work environment
- Collaborated effectively with team members to achieve goals and overcome challenges

### Factory Hand at Spreadies Pty Ltd - Ingleburn, NSW

April 2023 – July 2024

- Communicated effectively with supervisors regarding job progress and safety issues.
- Recorded production data into computer system accurately.

- Consistently maintained high Standard of cleanliness and safety reducing workplace incidents.

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## EDUCATION

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- Prasadi Academy, Manbhawan, Lalitpur, Nepal - 2022

Higher Secondary Education (+2) in science | GPA: 3.16

- Little Angels' School, Hattiban, Lalitpur, Nepal - 2020

Secondary Level Education | GPA: 3.70

- Central Queensland University, Sydney, NSW – Current

Bachelor Level Education

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## SKILLS

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- Compassionate and patient with a strong commitment to resident care
- Excellent communication and interpersonal skills
- Ability to work effectively as part of a team and independently
- Strong organizational and time management skills
- Knowledge of health and safety regulations in aged care
- Experience with electronic health records and care documentation
- Adaptability and efficiency
- Safety compliance and attention to detail
- Problem-solving and initiative
- Dependability and cooperation

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## LANGUAGES

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English

Nepali

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## COURSES AND CERTIFICATE

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- Certificate III in Individual Support (Ageing and Disability) – 5 August 2024  
Australian Community and Management College

- First Aid – 12 March 2024

Supreme Education and Training Pty Ltd

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## REFERENCES

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RN Grishma Karki Niroula

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