

# RUVIMBO BETHA NOSOSO

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## Education

**Diploma:** Community Services  
**Astute Training** - Penrith, NSW  
**Certificate IV:** Disability Support  
**Astute Training** - Penrith, NSW  
**Certificate III:** Individual Support  
**Astute Training** - Penrith, NSW, 08/2023

## Professional Summary

I am a dependable employee who establishes rapport and trust with patients and helps complete daily living tasks to enhance quality of life. I am driven to prioritise individual needs with attention to important details. Valued as accommodating, kind-hearted team player dedicated to expanding knowledge and responsibilities.

## Skills

- Medical Reminders
- Patient Bathing and Grooming
- Housekeeping Duties
- Plates Presentation
- Hygiene Practices
- Care Plan Assessment
- Mobility Support
- Hoyer Lifting Equipment
- Problem Identification
- Vitals Monitoring and Documentation
- Bedsore Prevention
- PPE Usage
- Clean Living Spaces
- Activities of Daily Living Assistance
- COVID-19 Safety Policies
- Dining Room Support
- Sanitizing Surfaces
- Progress Documentation
- Personal Grooming
- Personal Care Assistance
- Catering Understanding
- Bathing and Dressing

## Work History

**CATERING ASSISTANT**, 03/2023 - 20/06/2024  
**Bupa Aged Care**, Bankstown, NSW

- Provided friendly, courteous service to create memorable moments for residents.
- Delivered catered food and supplies to facility for on-time set-up.
- Responded to customer inquiries and resolved complaints to establish trust and increase satisfaction.

- Followed food safety practices and sanitation guidelines.
- Cleaned and maintained work areas, equipment and utensils.
- Maintained high personal grooming standards and uniform presentation.
- Prepared sandwiches, salads and other specialty items according to customer specifications.
- Removed trash and cleaned kitchen garbage containers.
- Loaded dishes, glasses and tableware into dishwashing machines.

**CLEANER**, 01/2023 - 01/2024

**McDonald's** , Oran Park Nsw

- Followed safety precautions to avoid personal injury and provide safe work environment.
- Used problem-solving skills to alleviate issues efficiently with minimal supervision.
- Removed outdoor debris and yard clippings into receptacles to properly maintain grounds.
- Followed work orders and specifications for machine and equipment replacement, repair, or maintenance.
- Followed instructions from supervisor regarding daily job tasks and duties.
- Removed trash and recyclables at end of each shift and disposed of items in proper receptacles.
- Safely and effectively handled wide range of cleaning products and solutions.
- Reported issues to property manager so effective resolutions could be put into place.
- Positively engaged with customers and maintained professional appearance as company representative.
- Removed trash, debris and other waste materials from premises.
- Cleaned and polished glass doors, mirrors and other surfaces to maintain professional appearance.
- Cleaned and sanitized bathrooms, kitchens and other similar areas according to established protocols.
- Used time management and efficient cleaning methods to meet deadlines.
- Handled equipment, chemicals, and materials properly and with caution.
- Confirmed all cleaning tools and equipment were stored properly after use.
- Emptied trashcans and transported waste to collection areas.
- Maintained cleanliness of restrooms by washing down and properly sanitizing walls, floors and toilets.
- Performed daily facility checklists for cleaning floors, wiping down glass entryways and collecting trash.
- Emptied waste paper and other trash from premises and moved to appropriate receptacles.

**ASSISTANT IN NURSING PLACEMENT** , 05/2023 - 05/2023

**Bupa Aged Care**, Bankstown, NSW

- Supported clients with mental support and physical activities to accomplish quality of life and sustain needs.
- Accompany individuals to events and activities.
- Built strong relationships with clients to deliver emotional support and companionship.
- Engaged patients in meaningful conversation, socialization, and activity while providing personal care assistance.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.

- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.
- Provided safe mobility support to help patients move around personal and public spaces.
- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Recognized and reported abnormalities or changes in patients' health status to case manager.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.
- Supported daily hygiene needs of patients by assisting with bathing, dressing, dental care and personal grooming.
- Provided compassionate and patient-focused care to cultivate well-being.
- Assisted patients with bathing, grooming, dressing, and oral hygiene care both in private residences and facilities.
- Monitored clients' overall health and well-being and noted significant changes.
- Laundered items, changed sheets and made bed to keep patients' bedroom clean.
- Recorded patients' pulse, blood pressure and respirations (TPRs) to assess and document important health information.
- Built and maintained rapport with clients and family members to facilitate trusting caregiver relationship.
- ASSISTANT IN Nursing/ 27-11-2023 to current
- Beechwood Aged Care (Allity)
- Assisting residents with daily activities: This includes helping residents with activities of daily living such as bathing, dressing, grooming, toileting, and eating.
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- Monitoring residents' health: I take vital signs, observe and report any changes in residents' health status to the nursing staff, and assist with basic medical procedures under supervision.
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- Assisting with mobility: Helping residents with mobility issues to move around safely, including transferring them from beds to chairs, assisting with walking, and using mobility aids.
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- Maintaining a safe and clean environment: Ensuring that residents' living spaces are clean, safe, and comfortable by assisting with housekeeping tasks and infection control measures.
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- Documenting care: Keeping accurate records of the care provided to residents, including any observations, interventions, and changes in condition.
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- Communicating with healthcare team: Collaborating with nurses to ensure residents receive comprehensive care.
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- Following care plans: Implementing care plans developed by registered nurses, care managers or other healthcare professionals to meet the individual needs of residents.
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- Providing assistance and support to families: Communicating with residents' families

and providing them with updates on their loved one's condition and well-being.

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**Reference :**

As per request