

AARJU DAHAL

Address: unit 12/4 Belmore Street, Burwood

Contact no: 0450496642

Email address: dahalaarzu@gmail.com

PROFESSIONAL SUMMARY

I am a passionate, kind and positive individual who focuses on providing holistic care to the residents(consumers) and add value to the aged care facility by continuous professional growth and development. I also possess interpersonal and negotiation skills for personal care roles. I can provide any kind of care to the residents.

SKILLS/ TRAININGS

1. Stress management
2. Residents' privacy
3. Compassionate care
4. Infection control
5. Communication
6. Manual handling
7. CPR and first aids

ACADEMIC QUALIFICATION:

- Studying diploma of community service.
- Have CERTIFICATE IV in ageing support.
- Completed CERT IV in (Toongabbie Terrace Community Care)

- supervision in work placement:

- Provided daily living assistance to residents, including bathing, dressing, and mobility support.
- Ensured residents' privacy and dignity were always maintained.
- Monitored and recorded vital signs, reporting any changes to nursing staff.
- Assisted with meal preparation and feeding, ensuring nutritional needs were met.
- Engaged residents in recreational activities to promote mental and emotional well-being.

Responsibilities as an AIN:

1. **Assist with daily activities** (bathing, dressing, feeding)
2. **Monitor vital signs** (temperature, blood pressure, pulse)
3. **Help with mobility** (transfers, walking assistance)
4. **Administer medications** (under supervision)
5. **Observe and report patient conditions**
6. **Ensure hygiene and comfort**
7. **Collaborate with healthcare team**
8. **Follow facility policies and procedures**

AVAILABILITY: Weekdays/weekends.

INTEREST:

1. Working for the community and society.
2. Aged care, disabilities and childcare.
3. Communicating with people.

ACHIEVEMENTS:

1. Highly appreciated for my hard work and efforts wherever I worked.
2. Highly appreciated at my work placement for my quick learning attributes.
3. Highly appreciated by the management and the clients for my contributions and support.

REFEREES FROM TOONGABBIE TERRACE COMMUNITY CARE

RN: Amrita Pariyar

Contact no: 0410032841

Email: amrita.pariyar@opalhealthcare.com.au

Care Manager: Uma Kc

Email: uma.kc@opalhealthcare.com.au

Contact no: 0430773547

Thank you.