Donna Beers   *Resume*

Personal Care Worker – Aged Care

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Profile Summary

Dedicated and compassionate Personal Care Worker with 21+ years of experience providing exceptional care to aged care residents. Skilled in managing complex care needs and providing emotional support to a range of diverse residents. Passionate about empowering people to live their best lives in residential care.

Skills

- Personal Care and Nutritional Support
- Manual Handling Competency
- Medication Administration (HLTHPS007)
- Dementia Care Support
- Palliative Care Support

- Effective Communication and Active Listening
- Empathy and Compassion
- Reliability and Strong Work Ethic
- Proficient Time Management
- Ability to Build Rapport and Connect

Career History

Personal Care Worker   June 2003 – Oct 2024

Presbyterian Aged Care – Ashfield NSW   110 bed facility

Responsibilities included:

- Providing hygiene and personal care support including showering, sponging, bathing, dressing, oral care, toileting, continence management, repositioning, pressure area care and skin care
- Assisting with nutritional support including meal preparation, feeding and hydration
- Maintaining a clean and tidy environment
- Providing companionship and emotional support to residents
- Ensuring residents' comfort, safety and well-being
- Assisting residents to mobilise and transfer following manual handling safe work practices
- Monitoring the health and well-being of residents, reporting and escalating changes to the supervising RN
- Documenting and charting care needs in Resident Management System – Leecare
- Responding to and de-escalating changed behaviours
- Administering and monitoring packed medications
- Providing comfort care for residents approaching end-of-life

Education and Qualifications

Cert III Aged Care – CHC30212 February 2015   RTO - Quality Care

Referees

Sagun Shrestha – Presbyterian Aged Care, Assistant Director of Nursing   sashrestha@pcnsw.org.au