

## **SAROJ DHAKAL**

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## **PERSONAL SUMMARY**

Compassionate and dedicated Aged Care Worker with experience in providing high-quality care to elderly individuals. Skilled in assisting with daily living activities and offering emotional support. Holding a Certificate III in Individual Support and Disability, with nearly completed placement as an Assistant in Nursing. Committed to enhancing the quality of life for residents through personalized care and attention.

## **WORK EXPERIENCE**

### **Restaurant Cleaner | Kingsley's Woolloomooloo & Accommodation Cleaning | Townhall**

- Maintained cleanliness and hygiene in restaurant areas and accommodation spaces.
- Followed safety and sanitation guidelines to ensure a clean environment.

### **Kitchen Hand | Thompson Health Care (Aged Care)**

- Assisted in food preparation and serving meals to residents according to dietary needs.
- Maintained cleanliness and hygiene in kitchen and dining areas.
- Collaborated with healthcare staff to provide support in meal planning and delivery.

### **Placement | Certificate III in Individual Support and Disability**

- Assisted residents with daily living activities such as bathing, dressing, and grooming.
- Provided emotional support and companionship to residents, engaging in meaningful conversations.
- Monitored residents' health and ensured safety during mobility.

## **KEY SKILLS AND COMPETENCIES**

- Strong communication skills for effective interaction with residents, families, and healthcare teams.
- Compassionate and empathetic, providing personalized care and emotional support to residents.
- Detail-oriented with a focus on medication accuracy and adherence to care plans.
- Excellent time management, balancing multiple tasks while ensuring high-quality care.
- Patience and calmness, especially when managing residents with cognitive or physical limitations.

## **ACADEMIC QUALIFICATIONS**

**Bachelor's Degree** | Tribhuvan University, Nepal

**Certificate III in Individual Support and Disability**

## **REFERENCES**

Available upon request.