

Gayatri Shrestha

Address: Unit 4 41-43 Villiers Street, Rockdale 2216

Sydney NSW, Australia

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Objective:

Dedicated and compassionate Aged Care Worker providing exceptional care and support to elderly individuals. Skilled in promoting independence, maintaining a safe environment, and fostering positive relationships. Seeking to contribute my expertise to a reputable aged care facility.

Availability: All Day in a week

Work Experience:

1. Aged Care Assistant [2023]

Sisters of Our Lady of China

Address: Unit 16/18 Henry Lawson Dr, Peakhurst NSW 2210

Phone: [\(02\) 9533 4089](tel:(02)95334089)

- Implemented safe manual handling techniques to ensure residents' comfort and safety.
- Assisted residents with activities of daily living such as bathing, dressing, grooming, and eating.
- Monitored and recorded vital signs, reporting any concerns to the nursing team.
- Organized and participated in recreational activities to enhance residents' mental and physical well-being.
- Documented residents' progress and reported any changes in health or behavior to supervisors.

2. Cleaning Staff

BIC Service Pty Ltd [Currently Working]

242 Pitt Street, Sydney, New South Wales, Australia

- Attention to detail in cleaning and organizing spaces.
- Thorough knowledge of cleaning techniques, equipment, and supplies
- Proficient in handling various cleaning chemicals and agents safely
- Strong attention to detail and ability to maintain cleanliness standards

3. Assistant in Bank [2017-2023]

Nepal Investment Mega Bank Ltd.

Address: Pokhara-17, Birauta, Nepal 33700

- Proficiency in banking software like: Oracle FLEXCUBE Universal Banking
- Conducted cash handling and balancing operations with precision.
- Assisted customers in understanding account statements, fees, and charges.
- Collaborated with team members to ensure smooth branch operations.

Education:

Saraswati Tika Multiple Campus

Pokhara-33, Kaski

Bachelor in Business Studies (BBS)

2022

Certification:

- **CHC43015 - Certificate IV in Ageing Support**
- **HLTAID011 Provide First Aid**

Skills

- Taking care of the elderly with kindness and understanding
- Proficient in assisting with mobility support
- Quick learner, motivated and ability to work well in a team

References:

Registered Nurse

Name: Rita Subedi

Email: ritasubediuprety@gmail.com