

Hari Prasad Bakhrel

32-40 Kerr Parade, Auburn NSW

Email: bakhrel21@gmail.com | Mobile: 0452 617 239

Objective

Dedicated and compassionate Assistant in Nursing with hands-on experience in aged and disability care, seeking an opportunity to contribute to a supportive team in aged or personal care. Committed to delivering high-quality individual support that upholds the dignity, comfort, and well-being of residents.

Key Skills Summary

- Maintaining confidentiality of patient and staff information
- Assisting residents with personal care: bathing, feeding, dressing
- Strong written and verbal communication skills
- Proficient in MS Word, Excel, and PowerPoint
- Teamwork: Proven ability to collaborate in multi-disciplinary teams
- Housekeeping and hygiene maintenance
- Responding effectively to medical emergencies

Certifications & Trainings

- Certificate III in Individual Support (Aging/Disability)
- First Aid & CPR Certificate
- Manual Handling Training
- Infection Control and Hand Hygiene
- National Police Check

Education

- Certificate III in Individual Support (Aging/Disability), Australia
- Bachelor of Business Administration, Nepal
- Higher Education in Management, Nepal

Employment History**1. Jesmond Aged Care Community – Strathfield**

- Assisted residents with personal care, including bathing, dressing, and toileting
- Helped with meal preparation and feeding

- Ensured a clean, safe, and comfortable environment for residents • Monitored residents' health conditions and reported changes to supervisors
- Provided companionship and emotional support to elderly residents • Collaborated with nursing staff and care teams to enhance residents' wellbeing

2. Enable NDIS & Home care

- Provided personalise in-home assistance to clients with Autism level 3
- Supported daily living activities and promoted independence
- Working with clients to improve life choices and maximise benefits of programs

Skills:

- Assisting clients with daily activities including personal care and meal preparation
- Ensuring a clean, safe, and comfortable environment for clients
- Reporting unusual changes to supervisors
- Assisted with showers, dressing, feeding, and maintaining hygiene
- Collaborated with nursing staff to support residents' health and well-being

Core Competencies

- Assisting clients with daily living tasks
- Meal preparation and serving
- Personal care: dressing, toileting, hygiene
- Medication monitoring and reporting health concerns
- Effective communication and emotional support to residents

Personal Attributes

Communication Skills

- Clear and respectful communicator within team settings
- Providing emotional support and reassurance to residents
- Active listener with the ability to follow instructions precisely

Time Management & Teamwork

- Experienced in meeting tight deadlines and managing workload
- Demonstrated ability to lead or work independently as needed
- Strong team spirit and commitment to collaborative care

Achievements

- Successfully completed all required assessments including Dementia Care, Manual Handling, First Aid, and CPR
- Participated in Blood Donation Program

Availability

I am available to work full-time with no restrictions on my hours or shifts. I can work 24/7, including weekends and nights, as needed.

References

Ma-Concepcion Galvez

(Registered Nurse, Jesmond Aged Care

Mobile: 0414 981 280 | ✉ Email: galvezmaria11@yahoo.com

Niranjan Prasai

Placement Manager, ACM College

Mobile: 0451 995 201 |

Email: placementmanager@acmcollege.edu.au

Usha Pandey –(Assistance in Nursing, Anglicare aged care)

Mobile: 0450708067

Email: Ushupandey6@gmail.com