

## Harshika Shrestha

Unit 3, 18 Wyalong street, Burwood, NSW 2134

041332305

harshikashrestha738@gmail.com

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### Professional Summary

A compassionate and dedicated aged care professional with over of experience in supporting the elderly in residential and community settings. Skilled in personal care, medication management, and creating a supportive environment that promotes dignity and quality of life. Seeking to leverage my expertise and empathy to contribute to the well-being of your residents.

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### Key Skills

- **Personal Care & Support:** Assisting with daily activities such as bathing, dressing, and mobility.
  - **Health & Safety:** Knowledgeable in infection control, first aid, and emergency response.
  - **Communication:** Strong interpersonal skills to work effectively with residents, families, and care teams.
  - **Documentation:** Accurate record-keeping and reporting of resident care and incidents.
  - **Team Collaboration:** Ability to work as part of a multidisciplinary team to ensure comprehensive care.
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### Professional Experience

#### Aged Care Worker

*Elizabeth Jenkins place aged care centre,*

*8 homestead Ave, Collarory NSW 2097*

Provide personalized care and support to [number] residents, ensuring their physical, emotional, and social needs are met.

- Develop and implement individualized care plans, regularly updating them based on residents' changing needs.
- Engage residents in recreational activities to promote mental and social well-being.
- Maintain accurate and confidential records of care provided and report any incidents promptly.

## Care Assistant

*Elizabeth Jenkins place aged care centre,*

*18-02-2025*

Assisted elderly clients in daily living activities in a community setting.

- Supported clients with mobility and personal hygiene while maintaining a safe environment.
  - Provided companionship and emotional support, contributing to an improved quality of life.
  - Communicated effectively with family members and healthcare providers regarding client progress.
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## Education

- Certificate III in Individual Support (Aged Care)
  - Certificate of hygiene and Prevention
  - First Aid and CPR Certification
  - Manual Handling Training
  - Police Check Certificate, Flu Vaccine Certificate, Covid Vaccine Certificate
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## References

**Kanya Thapa Magar/AIN**

[kanyathapamagar@gmail.com/0430614425](mailto:kanyathapamagar@gmail.com/0430614425)

## Monash Hospital

-Ella Shrestha / Registered Nurse

- 0410500319 (shresthaella45@gmail.com)

