

# CURRICULUM VITAE

## PERSONAL DETAILS - Kamala Nath Yogi Shah (Komal)

Residential Address: 24 Teralba Road, Leumeah, Sydney 2560  
Mobile: 0451029544  
Email: komalshah509889@yahoo.com  
Date of Birth: 13 Feb 1990  
Nationality: Nepali  
Work Right: Full time (Permanent Resident)

## SUMMARY

I am an experienced hardworking and dedicated professional with experience of personal care assistant. I am also a reliable worker with the ability to learn new concepts and skills quickly and able to practice in accordance with agreed standards of care. I also have a good knowledge of manual handling and first aid. Right now, I am looking for a suitable position as a caring assistant that offers variety and opportunities to develop both personally and professionally.

Multi-lingual: English, Nepali and Hindi.

### Care Work



Administering treatments  
Manual handling  
Safety techniques  
Cert III certificate  
Devising care plans  
Transporting patients

### Personal



Empathetic  
Punctual & reliable  
Building relationships  
Good listener  
Social interaction  
Trustworthy

### Dynamic



High energy levels  
Stamina  
Heavy lifting  
Good timekeeping  
Highly motivated  
'Can do' attitude

### Smart



Coming up with ideas  
Quick thinker  
Tactful  
Effective planning skills  
Innovative  
Report writing

## EDUCATION

Graduated: 2020 **St Adam College – Certificate IV in Ageing Support**  
Graduated: 2016 **New Futures Training – Certificate III in Aged Care North Coburg, VIC 3058**  
Graduated: 2009 **Seti Technical School – Diploma In Auxiliary Nurse Midwife Doti, Nepal**

## WORK EXPERIENCE

January 2020 – Current	<b>Estia Health Kilbride, NSW</b> (Assistant In Nursing) <ul style="list-style-type: none"><li>• Provide care to assigned resident, including bathing, toileting, dressing and feeding.</li><li>• Assisting resident with their daily activities.</li><li>• Making resident comfortable in their own homes by providing emotional support.</li><li>• Carrying out clerical duties as required and maintain sanitation standard</li></ul>
August 2020 –May 2022	<b>Bexley Aged Care Home, Bexley, Sydney</b> (Personal Care Assistant) <ul style="list-style-type: none"><li>• Provide care and assist residents with their daily activities.</li><li>• Caring for resident's property and clothing.</li><li>• Making resident comfortable in their own homes by providing emotional support.</li><li>• Removing clinical waste and contaminated items to relevant collection areas.</li><li>• Reporting and recording any potential hazards and equipment repairs.</li></ul>

November 2017 – January 2020	<p><b>Queen Victoria Care</b>, Hobart, Tasmania (Personal Care Assistant)</p> <ul style="list-style-type: none"> <li>• Provide care to assigned resident, including bathing, toileting, dressing and feeding.</li> <li>• Assisting resident with their daily activities.</li> <li>• Removing clinical waste and contaminated items to relevant collection</li> <li>• Carrying out clerical duties as required and maintain sanitation standard</li> </ul>
July 2016 –Jan 2017	<p><b>Coppin Centre</b>, St Kilda, Melbourne (Worked as Personal Care Assistant for Crewe Sharp)</p> <ul style="list-style-type: none"> <li>• Provide care to assigned resident, including bathing, toileting, dressing and feeding.</li> <li>• Assisting resident with their daily activities.</li> <li>• Removing clinical waste and contaminated items to relevant collection areas.</li> <li>• Caring for resident's property and clothing.</li> </ul>
March 2015 – Feb 2017	<p><b>Stamford Plaza Hotel</b>, Little Collins, Melbourne <i>House Keeping (Assistant Supervisor) – Part Time</i></p> <ul style="list-style-type: none"> <li>• Clean and service assigned areas – maintain 100% cleanliness standards.</li> <li>• Dust and move furniture cautiously.</li> <li>• Take special care of cleaning equipment.</li> <li>• Inform housekeeping supervisor about any building hazard and assist in addressing it.</li> </ul>
March 2016	<p><b>ANZAC Lodge Aged Care</b>, North Coburg, Melbourne <i>Personal Carer (Placement – 126 Hours)</i></p> <ul style="list-style-type: none"> <li>• Provide care to assigned resident, including bathing, toileting, dressing and feeding.</li> <li>• Assisting resident with their daily activities.</li> <li>• Making resident comfortable in their own homes.</li> <li>• Carrying out clerical duties as required.</li> <li>• Reporting and recording any potential hazards and equipment repairs.</li> <li>• Caring for resident's property and clothing.</li> </ul>

#### **PERSONAL COMPETENCIES**

- Able to adapt oneself to new surroundings; to make suitable change so as to fit new conditions.
- Ability to work in a fast-paced environment to set deadlines
- Good oral and written correspondence with an exceptional attention to detail
- Highly organised with a creative flair for work
- Enthusiastic self-starter who contributes well to the team

#### **REFEREES**

Available Upon Request