
RESHMA KHADKA

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EDUCATION

Bachelor: community service

STOTTS COLLEGE

PROFESSIONAL SUMMARY

I am seeking a part-time Support Worker role.

I am an energetic and capable carer with a friendly nature, excellent communication skills, and a strong passion for supporting others. I am self-motivated, adaptable, and dedicated to providing personalized care that respects each person's dignity and encourages independence. I am compassionate and committed, with experience in providing quality care and support to people with disabilities. I have a strong understanding of disability rights, excellent communication skills, and a genuine desire to enhance clients' quality of life. I am looking for a rewarding role where I can apply my skills and positively impact those in need.

SKILLS

- | | |
|--------------------------------------|---------------------------|
| • Infection control and hand hygiene | • Dementia Handling |
| • Personal hygiene assistance | • First Aid management |
| • Excellent communication | • Manual handling and CPR |

WORK HISTORY

Home Care Worker

Southern Support family – Bankstown

- Assisting with bathing, grooming, dressing and toileting
- Helping patients move around safely, whether it's transferring from bed to wheelchair
- Performing light cleaning, laundry and other household tasks
- Provide emotional support and health monitoring
- Keeping records of patient care, changes in condition and coordination with care team
- Preparing nutritious meals and sometimes feeding patients who need help

Assistant in Nursing (Work Placement)

Bupa Aged Care

- Build rapport with families, staff, and volunteers
- Protect residents' rights, dignity, and privacy
- Respect confidentiality of residents and team members
- Understand complaints mechanisms
- Report changes in residents' health and well-being

Customer Service

Eljannah Restaurant

- Cleans and stocks customer eating area(s), work stations, and equipment
- Greets all customers with a smile and friendly greeting and follows all HMSHost customer service policies and procedures
- Maintains a solid knowledge of product and services available in unit
- Transfers supplies and equipment between storage and work areas by hand or cart
- Assists with a variety of kitchen-related functions as needed
- Receives inventory, moves and lifts food and beverage products and supplies

Customer Service

Indian Shop

- Customer service at Indian shop (tobacco, cigarettes and other food products)

Cleaner

- Cleaner at plaza, pub and office cleaning

Careeer, 02/2025 - Current

Advanced Agency – Blacktown

- Helping client for bathing, toileting , changing their dress medication and exercises .

CERTIFICATIONS

- Certificate III in Individual Support (Ageing/Disability)
- CPR
- First Aid and Manual Handling
- Police Check

CERTIFICATION STATEMENT

I hereby certify that the above information is true and correct to the best of my knowledge and belief. I am ready to cooperate with the company to the full extent of my knowledge and capabilities.