

RAMESH SAPKOTA

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Hurstville , NSW 2220

PROFESSIONAL SUMMARY

Proven caregiver and team collaborator with a track record of enhancing the quality of life for clients at IBIS Huntingdon Garden. Skilled in elderly care, kitchen maintenance, and fostering strong relationships. Demonstrated ability to manage time effectively and deliver compassionate support, achieving significant improvements in client satisfaction and operational efficiency. Hardworking Kitchen Hand known for handling support tasks, mopping floors, maintaining food safety and restocking pantry items. Considered motivated and efficient worker. Eager Kitchen Hand known for cleaning workstations, handling dish washing duties and monitoring inventory. Well-trained to keep kitchen well-stocked and ready for busy mealtimes. Considered motivated employee with positive attitude.

SKILLS

Respectful and Compassionate

Time Management

Elderly Care

Problem-Solving

Kitchen Cleaning and Maintenance

Team Collaboration

Dishwashing

Food Preparation

Equipment Cleaning

Punctual and Reliable

PROFESSIONAL EXPERIENCE

IBIS Huntingdon Garden - Caregiver

Bexley, NSW • 11/2022 - 05/2024

- Assisted clients with activities of daily living, promoting independence and quality of life.
- Cleaned house, ran errands, managed laundry, and completed weekly grocery shopping.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.
- Performed light housekeeping duties to maintain cleanliness standards while respecting the patient's personal space.
- Built strong relationships with clients to deliver emotional support and companionship.

IBIS Care Huntingdon Garden - Volunteer in Kitchen

Bexley, NSW • 01/2024 - 03/2024

- Assisted with special events and programs.
- Maintained clean, neat, and operational facilities to serve program needs.
- Supported engaging, fun, and smooth-running events by helping with organization and planning.
- Used strong interpersonal communication skills to convey information to others.
- Communicated with staff members to stay informed about volunteer opportunities and events.
- Mentored new volunteers, fostering a supportive and inclusive team environment.
- Participated in volunteer orientations and training sessions to learn about organizational changes and mission updates.

EDUCATION

Skyline International College

Burwood, NSW • Expected in 03/2025

Diploma in Hospitality Management

Little Angle's School

Imadol, Kathmandu • 02/2021

High School Diploma

CERTIFICATIONS

Kingpin North Strathfield - As a cook.

- PCW - Personal Care Worker
- kitchenhand , Givvoni la Pizza -
- As a cook in Kingpin North Strathfield



LANGUAGES

English

Professional Working

Hindi

Full Professional

Nepali

Native or Bilingual

Italian

Limited Working

Job Reference:

Ryan Szeto (GM)
Ibis Huntingdon
Garden
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care Canberra)
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