

Manisha Subedi

Campbelltown, NSW 2560

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Objective

Compassionate and dedicated Individual Support Worker with a Certificate III in Individual Support (Aged Care & Disability), offering hands-on experience in dementia care and residential aged care environments. Skilled in providing personal and emotional support, promoting independence, and maintaining dignity for elderly and vulnerable individuals. With a background in both healthcare and fast-paced team settings, I bring strong interpersonal skills, attention to detail, and a commitment to person-centred care. Seeking to contribute meaningfully in an aged care or disability support role where quality care and compassion are priorities.

Education

Certificate III in Individual Support (Aged Care & Disability)

Australian Community and Management College – NSW, Australia

Completed 120 hours of placement at Thompson Health Care, Oran Park

Bachelor's Degree in Physics

Tribhuvan University, Nepal

Skills

- Personal care assistance including showering, bed bathing, grooming, and dressing
- Empathetic companionship and emotional support
- Familiarity with dementia care practices and structured routine support
- Manual handling, infection control, and hygiene procedures

- Clear communicator with strong interpersonal and teamwork abilities
- Reliable, adaptable, and committed to respectful, high-quality care
- Comfortable with routine documentation and reporting in care environments

Work Experience

Specialized Dementia Carer – Assistant in Nursing (AIN)

HammondCare, Hammondville

Apr 2025 – Present

- Deliver person-centred care to residents with dementia, supporting daily living needs with dignity.
- Monitor and report changes in health and behaviour to clinical staff.
- Assist with mobility, hygiene, nutrition, and medication under supervision.
- Maintain accurate care documentation and follow infection control protocols.
- Foster emotional wellbeing through engagement and therapeutic activities.
- Work collaboratively with families and care teams to ensure holistic support.

Placement Student – Assistant in Nursing (AIN)

Thompson Health Care, Oran Park – 120 Hours Placement

Mar 2025 – Apr 2025

- Assisted residents with personal hygiene, grooming, dressing, and mobility
- Delivered respectful and dignified continence care
- Supported residents with dementia through calm communication and routine reinforcement
- Monitored and reported changes in residents' health and behavior to RNs
- Ensured cleanliness and infection control in care environments
- Built positive rapport with residents through attentive emotional support

Production Assistant – Food Services

RDM Pizza, Gregory Hills

Jan 2025 – Apr 2025

- Prepared pizza dough and toppings, adhering to hygiene and quality control standards
- Worked efficiently along the production line to meet daily targets
- Ensured consistent production flow and accurate storage of finished products in frozen facilities
- Maintained a clean and safe workplace, collaborating closely with team members
- Demonstrated strong time management and reliability in a fast-paced environment
- Developed teamwork, routine adherence, and hygiene awareness.

Science Tutor (High School Level)

Private Tutoring, Nepal

Apr 2023 – Apr 2024

- Delivered tailored science lessons with a focus on physics and general comprehension
- Adapted communication style to suit individual student learning needs
- Encouraged interactive learning through practical examples and demonstrations
- Maintained organized lesson plans and provided feedback on student progress
- Demonstrated patience, empathy, adaptability, and clear communication.

References

- Richa Bista

Registered Nurse, Thompson Health Care, Oran Park

- Bindu Bhattarai

Registered Nurse, IRT Thomas Holt Kirrawee

Email: bbhattarai@irt.org.au