

# Mariam Kamara

DISABILITY SUPPORT WORKER

## Profile

Dedicated and experienced disability support worker who enjoys providing individual support and assistance to individuals and groups with disabilities living within their community or assisted living center. Able to represent the company or agency of employment with professionalism, courtesy and compassion to clients, families, advocates, providers and the public.

## Employment History

### Disability Support, Summitcare, St Marys

JANUARY 2023 – APRIL 2023

- Assisted clients with day-to-day activities, such as meal preparation, shopping, and personal care
- Facilitated social activities and outings for clients, providing them with greater opportunities for social engagement and personal growth
- Developed personalized care plans for clients that reflected their individual needs and goals, resulting in improved quality of life
- Monitored clients' health and well-being, responding quickly and appropriately to any changes
- Transported clients to and from medical appointments and social activities.
- Collaborated with other healthcare professionals to ensure clients' needs were met
- Assisted clients in achieving their goals and working towards independence
- Developed and implemented strategies to support clients' mobility needs, such as physical therapy and/or assistive devices
- Developed and maintained positive relationships with clients and their families, providing them with a sense of trust and security

### Disability Support Worker, Comfort Care, Penrith

JULY 2015 – FEBRUARY 2017

- Assisted clients with day-to-day activities, such as meal preparation, shopping, and personal care
- Facilitated social activities and outings for clients, providing them with greater opportunities for social engagement and personal growth
- Developed personalized care plans for clients that reflected their individual needs and goals, resulting in improved quality of life
- Monitored clients' health and well-being, responding quickly and appropriately to any changes
- Transported clients to and from medical appointments and social activities.
- Collaborated with other healthcare professionals to ensure clients' needs were met
- Assisted clients in achieving their goals and working towards independence
- Developed and implemented strategies to support clients' mobility needs, such as physical therapy to support improvement in muscle tone, range of motion and injury recovery.
- Developed and maintained positive relationships with clients and their families, providing them with a sense of trust and security

### Nursing Assistant, Pulse Staffing, Parramatta

MARCH 2017 – JANUARY 2019

## Details

Oxley Park NSW 2760

0426094219

[saibatukamara121@gmail.com](mailto:saibatukamara121@gmail.com)

## Skills

Critical thinking and problem solving

Leadership Skills

Ability to Work Under Pressure

Ability to Multitask

Adaptability

Fast Learner

Ability to Work in a Team

Computer Skills

Effective Time Management

Communication Skills

Emotional Support

Manual Handling

Maintaining Client Records

Reliability

Personal Care

- Assisted with daily living activities such as bathing, dressing, and eating
- Assisted with feeding and monitored intake to help patient achieve nutritional objectives
- Monitored patient vitals such as temperature, blood pressure and blood sugar levels
- Identified and reported unsafe situations to maintain adherence to safety protocols.
- Wiped down equipment with proper cleaning products after each patient to reduce instances of infection.
- Documented care actions by completing records and logs in the medical software system.
- administering medications or treatments such as catheterizations, suppositories, enemas and douches as directed by nurse or physician.
- transported patients to treatment units and operating rooms by using wheelchairs
- answered all call lights and supported patient comfort and safety by adjusting bed rails and equipment

### **Aged Care Worker, RLS, Blue Mountains**

- Maintain frequent supervision of residents unable to call for assistance
- Assisted clients with day-to-day activities, such as meal preparation, shopping, and personal care
- Facilitated social activities and outings for clients, providing them with greater opportunities for social engagement and personal growth
- Developed personalized care plans for clients that reflected their individual needs and goals, resulting in improved quality of life
- Provided emotional and psychological support to clients, helping them to build resilience and cope with challenging situations
- Monitored clients' health and well-being, responding quickly and appropriately to any changes
- Collaborated with other healthcare professionals to ensure clients' needs were met
- Maintained accurate records of client interactions and progress, ensuring all activities were compliant with relevant legislation and regulations
- Assisted clients in developing and achieving personal goals that resulted in improved self-confidence and independence
- Created a crisis intervention plan that successfully managed difficult situations with clients
- administering medications or treatments such as catheterizations, suppositories, enemas and douches as directed by nurse or physician.

## **Education**

**University of Western Sydney, Bachelor of Nursing, Nursing Midwifery, expected to be completed in 04/2024**

2023 – PRESENT

**Year 12, Granville South High School**

2007

**Tafe Digital, Certificate IV in Mental Health**

PRESENT

## **Courses**

**Certificate IV in Community Services**

2016 – 2017

## **Certificate IV in Aged Care**

2014 – 2015

## **Certificate III in Aged Care**

2013 – 2013

**HLTAID011 Provide First Aid & HLTAID009 Provide CPR**

## **WWCC**

2023

## **References**

References available upon request