



Niroj  
Lama

AIN/Personal  
care worker

Bourke Street  
Darlinghurst, New South Wales, Australia,  
2010  
lopsang888@gmail.com  
0424172014  
Linkedin : [www.linkedin.com/in/niroj-lama-a2613a260](https://www.linkedin.com/in/niroj-lama-a2613a260)

Combined with a strong background in web designing, graphic designing, and other creative industries, my diverse background as an Assistant in Nurse Aged Care and Disability, along with my prowess in web and graphic design, positions me as a dynamic professional capable of making a profound impact in various industries. I am eager to leverage my unique skill set to contribute meaningfully to organizations seeking a compassionate, creative, and results-driven team member. As a highly motivated individual, I thrive on challenging myself to continuously grow both professionally and personally.

## Key Skills

- communication skills
- Ability to work under pressure
- Adaptability
- Fast learner
- Programming
- Ability to multitask
- Critical thinking and problem solving
- Team leadership
- Effective time management
- First aid and basic medical skills
- patience and understanding
- IT (Branding and Identity, Web Design, Graphic Design, Typography, Digital Illustration, Motion Graphics, and 3D Design)

## Professional Experience

September 2023 -  
Present

AIN/personal carer  
*Bupa Aged care*

- Built strong relationships with clients to deliver emotional support and companionship.
- Engaged patients in meaningful conversation, socialization, and activity while providing personal care assistance.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.

June 2023 -  
Present

AIN/Disability Supporter  
*SUBLIME HEALTHPRO*

- Improving patient's quality of life
- Building strong relationships
- Preventing complications
- Assisting in therapy and rehabilitation
- Contributing to care plans
- Promoting a safe environment
- Personal care
- Medication management
- Vital sign monitoring
- Mobility and emotional support
- Recordkeeping and communication

July 2023 -  
September 2023

Personal care worker  
*Right at Home*

- Provided assistance in daily living activities by dressing, grooming, bathing, and toileting patients.
- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Provided safe mobility support to help patients move around personal and public spaces.
- Assisted patients with personal requirements for housekeeping and grooming assistance.

April 2021 -  
September 2023

Graphic designer/Artist promotion intern  
*Amnplify*

- Promoted various artists on different social media platforms
- and through email marketing
- - Designed and illustrated logos and designs for Amnplify

February 2019 -  
August 2019

Graphic web designer  
*Gurkha Technology, Nepal*

- Assisted in building a corporate identity

- Digital marketing

- Delivered overall user interface and user experience requirements
- for clients
- Handled social media posts and creative works

May 2018 -  
November 2018

Graphic/ WEB Designer  
*DNP graphica CO.LTD*

- Responsible for graphic designing and web designing of the company

## Education

*February 2023 -  
June 2023*

CERT III Individual Age and Disability Care in Health  
care supporter  
GEI College , Campsie, Sydney, Australia

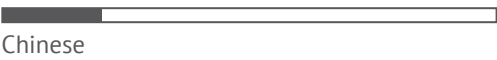
*February 2020 -  
August 2022*

Master of Creative Industries, Specialization in Creative  
Sound Production  
Macquarie University, Sydney, Australia

*April 2014 - March  
2018*

Bachelor Degree of Design  
Yamato Fashion and design college, Tochigi, Japan

## Languages



## References

References can be provided if requested. Thank you.

## Interests

Travelling, Drawing, Swimming, Hiking, sports, animation, watching  
movies and listening to music