



Punam Dhakal

Aged Care Worker

An adaptable, enthusiastic and caring individual seeking a position as an Aged Care Worker to utilise my existing skills and learn some new ones.

✉ pdha443@gmail.com

☎ 0404676482

📍 Sydney, Australia

CERTIFICATE AND QUALIFICATIONS

Certificate III Individual Support (Ageing)

Advance College, Sydney

September 2022

First Aid Certificate

Advance College, Sydney

July 2022

Bachelor of Science (Chemistry)

Tribhuvan University, Nepal

2014 - 2018

WORK EXPERIENCE

Assistant in Nursing (Casual)

HealthcareHQ

09/2022 - Present

Sydney, Australia

Achievements/Tasks

- Assisting different facilities as per the need
- Understanding and adapting to the changing nature of Aged care
- Working as part of a multicultural team under the supervision of RNs
- Using a range of electronic record systems to record vital information

Carer (Placement)

Bupa Aged Care

08/2022 - 09/2022

Ashfield, Sydney NSW

Achievements/Tasks

- Assisted residents in their daily life by providing a wide range of care.
- Managed a wide range of residents, including those with Dementia and Alzheimer's.
- Documented and recorded residents' vitals on a daily basis.
- Worked independently to provide high standard of care to high care individuals.
- Communicated with residents and their families.

Contact : Rachana Thapa - rachana.thapa@bupa.com.au

Primary Level Science Teacher

Small Heaven Model School

2015 - 2022

Chitwan, Nepal

<https://www.facebook.com/smallheavenmodel.sms>

Achievements/Tasks

- Managed a class of 30-40 students for 8 hours a day
- Taught primary-level science and managed arts and craft classes
- Facilitated a healthy learning environment for children with autism, ADHD and other neurodivergent tendencies
- Maintained a clean, tidy and well-stocked classroom

Contact : Bimal Kumar Chhetri - Bimalchhetri.samc@gmail.com

SKILLS

Self Management

Customer Service Skills

Manual Handling

Willing to Learn

Team Work

Problem Solving

Multitasking

Positive Attitude

Knowledge of Office Suite

Ability to work under pressure

ADDITIONAL DETAILS

Australian Vaccination Certificate (with Booster)

April 2022

Flu Certificate

July 2022

NSW Police Check

July 2022

NDISWC

October 2022

Visa Status

Dependant Visa (Full Working Rights)

LANGUAGES

English

Professional Working Proficiency

Nepali

Native or Bilingual Proficiency

Hindi

Full Professional Proficiency

INTERESTS

Arts

Movies

Travelling

Books

Technology

Interest