

Pallabi Bhandari

Professional Summary

Personal Care Worker who is enthusiastic about assisting people in leading fulfilling lives by controlling health-related issues. Be familiar with medicine administration, appointments, and social activities. Hands-on experience provides individuals and residents with companionship and emotional support. Accurate documentation and incident reports are a must. Well-organized and empathetic, with strong interpersonal skills.

Work History

The Uniting - Assitant in Nursing

Leichhardt, NSW

11/2023 - Current

- Improved patient well-being by providing compassionate and attentive care.
- Enhanced quality of life for clients through personalized care plans tailored to individual needs.
- Administered medications accurately, ensuring proper dosage and timely intake.
- Assisted patients with daily living activities, promoting independence and dignity.

PMAbility - PERSONAL CARE WORKER

06/2023 - 09/2023

- Assisting clients with personal care tasks such as showering, personal hygiene, and dressing tasks
- Assisting clients with daily activities involves undertaking tasks outside the home, such as shopping for groceries, making appointments, taking public transport, and so on
- Providing emotional support and friendship
- Providing domestic assistance

My Flex Health - ASSISTANT IN NURSING

03/2023 - 07/2023

- Maintained a homelike environment for residents to support the plan of care

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📍 Auburn, Australia 2144

Skills

- Resilience
- Empathy
- Mobility Assistance
- Meal Preparation
- Incident Reporting
- Respectful and Compassionate
- Flexible Schedule
- Verbal and Written Communication
- ADL Assistance
- First Aid and Safety
- Client Transportation
- CPR Certification
- Peg feeding
- Attention to details
- Fast-learner
- First Aid Certification
- Daily Living Assistance
- Critical Thinking
- Active Listening
- Adaptable and Flexible
- Physical Strength
- Documentation
- Medication Administration

Education

ACAP College - NSW, Australia

Graduate Certificate in Human Service

Leading To Master of Social Work in

Social Work: Social Work

- Learned and demonstrated proper technique for assisting patients in walking with or without assistive devices
- Provided basic patient care by bathing and grooming patients, changing bedding, and assisting in feeding activities
- Regular check-ins and consulting with the Registered Nurse or Care Manager on duty regarding changes in planned care or the status of residents

Charles Disability Service - SUPPORT WORKER

02/2023 - 06/2023

- Promoted independence by assisting and supervising clients while completing daily living activities
- Encouraged clients to express feelings and discuss happenings in life to help clients develop insight into themselves and relationships
- Monitored, evaluated, and recorded client progress with respect to treatment goals

Better Treat Disability - DISABILITY SUPPORT WORKER

08/2022 - 01/2023

- Maintained daily living standards by assisting clients with personal hygiene needs
- Made beds, swept floors, and sanitized surfaces to support activities of daily living
- Helped patients move in and out of beds, baths and wheelchairs by following safe lifting techniques

Medicare Hospital Ltd - ADMINISTRATIVE RECEPTIONIST

08/2017 - 01/2021

- Greeted incoming visitors and customers professionally and provided friendly, knowledgeable assistance
- Confirmed appointments, communicated with clients, and updated client records
- Handling cash, Billing, admission of the patients, and discharge billing

SERC School - ASSISTANT TEACHER

07/2014 - 11/2015

- Conducted small group and individual classroom activities with students based on differentiated learning needs
- Participated in adapted physical education activities with students to encourage overall health and instill positive routines
- Advocated for the needs of the students with disabilities

Volunteer Experience

- Nepal Suicide Prevention and Mental Health Research Center, Volunteer Facilitator, 2015, 2016

Padma Kanya College - Nepal

Bachelor of Arts in Humanities And Social Science

Padma Kanya Vidhyashram H.S School - Dillibazar, Nepal

Higher Secondary in Education, Account And Economic

Bhanu Bhakta Memorial Higher

Secondary School - Nepal

School Leaving Certificate

Certifications

- Certificate IV in Ageing Support
- NDIS Clearance
- NDIS Orientation Module Certificate
- NDIS Infection Control Training Certificate
- WWCC
- First-Aid and CPR Certificate
- Police Clearance
- ABN
- COVID-19 Psychological First Aid
- COVID-19 Health/Aged Care
- Step into Social Care Managing the impact of COVID-19
- Vaccinations
- COVID Vaccination (full)
- Flu Vaccination

- Shreemadh Bhagwat Panchar Prasar Sewa Balashram, Volunteer Teacher, 2016
 - Charumati's Friends Group, Volunteer Teacher, 2016, 2017
 - National Center for Children at Risk, Field Worker, 2017
 - Women's Society for Development Campaign, Volunteer, 2017, 2018
 - Psych Youth Mela, 2016
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References

- Priya Rai, Case Manager: Human Settlement Program, +61-0478359972, priyatilung05@gmail.com
- Anh Vo, Support Coordinator: PMAbility, +61-0468718734, sc@pmability.com.au
- Indu Kawan, Registered Nurse: The Uniting, +61-0434838588, kawanindu@gmail.com