

REGILYN AUSTRIA

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Sydney 2205

OBJECTIVE

Compassionate and dedicated aged care worker with 1 year of hands-on experience providing high-quality care and support to elderly residents. Skilled in assisting with daily activities, fostering a safe and comfortable environment, and promoting dignity and independence. Seeking an opportunity to leverage my expertise and commitment to person-centred care in a reputable aged care facility. knowledge and expertise.

CERTIFICATE / CHECK

- FIRST AID & CPR
- WWCC
- POLICE CHECK
- NDIS WORKER CHECK

EDUCATION

Certificate IV in Ageing Support
September 2023 – September 2024

Diploma in Community of Services
October 2024 – present

Bachelor of Science in Psychology
2015 – 2019

WORK EXPERIENCE

The Salvation Army

Nov 2023 – present

Care Service Employee

- Assisting patients with their personal care needs such as showering, toileting, shaving, oral hygiene, dressing and eating.
- Engage in housekeeping tasks such as replacing linens on beds, cleaning patient rooms and removing and replacing trash bags
- Work with dining room personnel to ensure that all residents get the correct meals and that all residents are able to eat
- Assisting patients with their mobility and communication needs.
- Observing and reporting changes in patients' condition
- Building effective relationships with patients through clear communication and empathy.
- Maintaining accurate and detailed resident's record

Smoky Cravings

Sep 2023 – Nov 2023

Kitchen Helper

- Keep the kitchen and food preparation areas clean and sanitized, including wiping down surfaces and equipment
- Help organize and maintain kitchen storage areas, such as shelves, refrigerators, and freezers
- Help with food service during peak times, which may include bringing dishes to the serving area or dining room
- Keep track of kitchen inventory and notify supervisors when supplies are running low
- Welcome and acknowledge customers as they enter the establishment

Chilli Basil

Oct 2023 – Nov 2023

Kitchen Helper

- Preparing meal ingredients for the cook, which includes washing, peeling, cutting, and slicing ingredients
- Assisting kitchen staff to unload food supplies from delivery trucks
- Set the tables and cleaned them after the guests left
- Neatly putting away all utensils, cooking instruments, dishes, and cutting boards in their respective places
- Mopping and sweeping the kitchen areas as required