

RAJ KAHLON

Gosford, NSW 2250 | 0450784340 | er_punuraj86@hotmail.com

Professional Summary

Skilled Care Provider assisting elderly, or persons with disabilities with daily living activities in-home or within care facility. Keep house by making beds, doing laundry, washing dishes and preparing meals. Advise families and healthcare team regarding health concerns, nutrition, cleanliness and household activities. To seek and maintain full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills.

Skills

- Supporting Daily Living Needs
- Records Maintenance
- Compassionate Communication
- Vital Signs Management
- Housekeeping Duties
- Client Transportation
- General Housekeeping
- Strong Ethics

Work History

Care Service Employee

02/2023 to Current

Triniti Home Care PTY Ltd – Gosford

- Helping residents with their personal care needs including showering, washing, shaving, getting dressed and assistance with oral care and grooming.
- Recording and reporting the essential information in resident's daily reports in accurate and timely manner.
- Built strong relationships with clients to deliver emotional support and companionship.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.
- Ensuring that resident's needs and wishes are met.
- Responding to the call buttons whenever required during the shift.
- Assisting residents with feeding wherever and whenever required

Care Service Employee

03/2022 to 12/2022

Private – Gosford

- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.
- Cleaned house, managed laundry, and completed weekly grocery shopping.
- Transported individuals to events and activities, medical appointments, and shopping trips.

- Supported daily hygiene needs of patients by assisting with bathing, dressing, dental care and personal grooming.
- Transported client to and from medical appointments with safety and efficiency.
- Cooked meals and assisted patients with eating tasks to support healthy nutrition.

Education

Certificate III: Individual Support

09/2018

Star Community College - Blacktown

Languages

Hindi

Native or Bilingual

Punjabi

Native or Bilingual

References

- Gurpreet Kaur- Private Client-0427792443
- Royda Stan-CSE Peninsula Village- 0421415315
- Shine Jose- Triniti -Agency-0475754770