

# HEATHER O'SULLIVAN

## SKILLS

- Empathy and compassion
- Excellent communication
  - Time management
- Teamwork and collaboration

## EXPERIENCE

### Care worker | Right at Home | 2022

- Personal care
- Medication assistance
- Daily living support
  - Mentoring
- Mobility and transportation
- Communication and advocacy

### Disability support worker | Mable | 2022-now

Assisting a young boy who lives with Autism with daily living support, helping to build social skills, and helping to reach his goals.

### Nursing Placement | Notre Dame | 2022

Gained experience in Lady Davidson Hospital for three weeks. In this three weeks I assisted with personal care, use of PPE, practiced manual handling, vital signs, and risk assessments

### Nursing Placement | Notre Dame | 2022

Gained experience in James Milson Retirement Village for three weeks. In this three weeks I engaged in therapeutic and professional communication and documentation, practiced health promotion and education, practiced care of person who is immobile, medication management and wound management.

## OBJECTIVE

Compassionate and dedicated care worker with a strong desire to improve the quality of life for individuals in need of assistance. Seeking a position where I can utilize my empathetic nature, excellent communication skills, and extensive experience in personal care to provide exceptional support and contribute to the well-being of clients



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## EDUCATION

High School Certificate | 2021 | Brigidine College St Ives

Bachelor of Nursing | 2<sup>nd</sup> Year | Notre Dame – Australian Catholic University