



cheather282@gmail.com



0421808184



Umina Beach, NSW 2257

EDUCATION

Certificate IV, Age Care & Disability
Equalis, Maroochydore, QLD
2016

Certificate III, Aged Care & Disability
Equalis, Maroochydore, QLD
2015

HEATHER COOPER

PROFESSIONAL SUMMARY

As a compassionate and dedicated age care professional, with a certificate III and IV in aged care and disability, and over eight years of hands on experience. I am seeking a role where i can continue to make a meaningful difference in the lives of residents. I take pride in providing respectful and person-centred personal care, assisting with daily activities, following individual care plans to support each residents unique needs. My strong communication skills, attention to accurate documentation, and commitment to team work, enable me to contribute positively to a collaborative care environment. I am passionate about supporting the dignity and wellbeing of all residents and look forward to being a valued member of a team that shares this commitment.

SKILLS

- Daily living assistance
- Housekeeping and meal preparation
- Toileting support
- Dementia care
- Compassionate care
- Palliative care
- Fall prevention
- Problem-solving
- Personal care
- Personal hygiene assistance
- Feeding assistance
- Mobility assistance
- Pressure area care

WORK HISTORY

May 2021 - May 2025

Cerebral Palsy Alliance - Disability Support Worker, Umina Beach, NSW

- Provided assistance in daily living activities by dressing, grooming, bathing, and toileting patients.
- Drove clients safely to social activities and appointments.
- Developed strong interpersonal relationships with clients, earning their trust and respect through consistent empathy and understanding.
- Supported clients in maintaining a clean living space by assisting with household tasks such as laundry, meal preparation, and general tidying.
- Administer and dispense prescribed medications in accordance with individual care plans and medication management protocols, ensuring accuracy, safety, and proper documentation.

February 2021 - August 2021

Nurses Now Agency - Agency Nurse, Tuggerah, NSW

- Provided high-quality nursing support in various aged care and disability facilities across the Central Coast during periods of staff shortages.
- Assisted residents and clients with daily personal care routines, including hygiene, grooming, dressing, and toileting, in a respectful and person-centred manner.
- Supported clients during mealtimes, ensuring dietary needs and preferences were met safely and appropriately.
- Administered and dispensed prescribed medications in line with individual care plans and relevant protocols, maintaining accuracy and up-to-date documentation.
- Followed tailored care plans to deliver consistent and appropriate support to individuals with diverse needs, including those living with complex physical or cognitive disabilities.
- Maintained clear, accurate documentation and communicated effectively with multidisciplinary teams to support continuity of care.
- Demonstrated flexibility and adaptability by working across multiple facilities, integrating quickly with existing teams, and upholding a high standard of care.

February 2019 - January 2021

My Home Care Providers/ Sue Mann - AIN Aged Care, Erina, NSW

- Provided high-quality personal care services such as bathing, grooming, dressing, and feeding to ensure patient dignity.
- Assisted patients with daily living activities for enhanced comfort and wellbeing.
- Checked patient vitals such as temperature, blood pressure, and blood sugar levels.
- Maintained a clean, safe environment by sanitizing surfaces, changing linens, and disposing of waste properly.

REFERENCES

Rebecca Snelgrove - House Manager
Cerebral Palsy Alliance
T: +61 (042) 790 8038
M: 0403 856 553

Personal Reference
Lola Guerreri - Registered Nurse
T: +61 (416) 213 346