

SAFAL SAPKOTA

28 Euroka Street, Ingleburn | safalspk1@gmail.com | 0425265079

Dedicated and Compassionate Individual looking for a fulfilling career as a support care worker with Certificate IV in Ageing Support and practical experience gained through age cared placement. Proficient in English, with excellent communication and interpersonal skills to support elderly clients including those with dementia or mobility changes. Skilled in delivering personal care, promoting independence and following infection control and manual handling procedures. Committed to providing person-centred care and enhancing the quality of life for residents.

Certifications-Trainings:

- 1) First Aid Training
- 2) CPR Training
- 3) Manual Handling
- 4) Police Certificate
- 5) First Aid and CPR Certificate
- 6) Certificate IV in Ageing Support (With Medication)
- 7) Infection Control & Hand Hygiene
- 8) Dementia Care
- 9) Elder Abuse Awareness
- 10) Workplace Health & Safety (WHS) Training

Personal Skills

- 1) Personal Care and hygiene support
- 2) Dementia and disability assistance
- 3) Manual Handling and mobility aid usage
- 4) Infection control and WHS adherence
- 5) Empathetic communication and cultural sensitivity
- 6) First Aid and CPR certified
- 7) Team Collaboration and multitasking
- 8) Strong organizational and problem solving skills

Professional Skills

- 1) Problem-Solving and multitasking skills
- 2) Infection prevention and control procedures
- 3) Personal care assistance (bathing, dressing, grooming)
- 4) Manual Handling and Mobility support
- 5) Time Management
- 6) Emergency response and basic first aid
- 7) Hygiene, cleaning and environmental safety

Work Experiences

1) Placement Experience (Aeralife Illawong)

- 1) Personal Care Assistance: Learning how to assist with bathing, toileting and feeding while maintaining dignity and privacy.
- 2) Communication with Elderly Clients: Developing respectful, clear and empathetic communication with older individuals including those with hearing and physical impairments.
- 3) Observation and Reporting: Learning how to identify and report changes in health, behavior and mood to supervisor and nurses.
- 4) Infection Control and Hand Hygiene Practice: Using correct hand hygiene and hand wash procedure, with proper Personal Protective Equipment(PPE) and following protocols to prevent infections.
- 5) Work Collaboratively in a team environment: Supporting nurses, care workers, and other staff providing care to the residents.

2) Volunteer (RSL LifeCare)

- 1) Resident Care and Support: Assisted Residents with daily activities and provided companionship and emotional support to elderly residents.
- 2) Environment and Safety: Maintaining a clean, Hygienic, and safe environment in resident rooms and common areas. Reporting hazards and changes to senior staff.
- 3) Documentation and Communication: Observed and Documented changes in resident behavior (non-clinical) observations. Communicated effectively with staff, residents and family members.
- 4) Health and Wellbeing Support: Assisted in encouraging residents to participate in recreational and physical activities.
- 5) Reported changes in resident conditions to nursing staff.

3) Amazon Fulfillment Centre BWU1

- 1) Warehouse Cleaning
- 2) Bin Rotation
- 3) General Knowledge about Cleaning Equipments
- 4) Sweeping, Mopping, vacuuming large floor areas
- 5) Cleaning Restrooms, and staff areas
- 6) Knowledge about of PPE

Availability

Monday- Sunday (Excluding University Hours)

References:

1)Unnati Kandel Ojha

Registered Nurse (Aeralife Illawong)

unnatikdl@gmail.com|041533813

2) Geeta Paudel

Assistant Nurse(Estia Health)

geetapaudel86@gmail.com|0424485110

NOTE: COVID-19 with booster dose and FLU vaccinated