

# Roshan Bhandari Chhetri

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## Professional Summary

Dedicated, compassionate, and professional caregiver with hands-on experience in elderly care, particularly in palliative, dementia, and disability support. Skilled in providing high-quality care, maintaining dignity and safety, and fostering positive environments for residents. Strong team player with a proven commitment to excellence, continuous learning, and adherence to workplace safety protocols.

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## Core Competencies

- **Patient Care:** Comprehensive experience in personal care, hygiene, and resident dignity.
- **Safety & Compliance:** Knowledgeable in WHS protocols, fire regulations, and infection control.
- **Communication:** Strong interpersonal and communication skills; adept at building rapport with residents, families, and staff.
- **Problem-Solving:** Skilled in critical thinking, time management, and decision-making.
- **Team Collaboration:** Reliable and ethical, with experience working within multidisciplinary teams.
- **Adaptability:** Resourceful and able to perform under pressure, adapting routines to meet residents' needs.

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## Certifications & Training

- Certificate III in Individual Support (Ageing and Disability), Albert Education and Training
- Manual Handling
- First Aid
- Dementia Care
- Infection Control & Hand Hygiene
- Palliative Care
- Cultural Diversity Training
- Workplace Health & Safety (WHS)

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## Professional Experience

### Heritage Illawong Aged Care

*Student Caregiver (120-Hour Placement) - Illawong, NSW*

- **Personal Care:** Assisted with daily living activities, promoting resident engagement and socialization.
- **Resident Dignity & Rights:** Ensured respect for residents' rights and dignity in all care interactions.
- **Safety & Hazard Reporting:** Proactively identified health and environmental hazards, reporting issues to maintain a safe environment.
- **Communication & Confidentiality:** Built trust with residents, families, and staff, strictly maintaining confidentiality.
- **Quality Assurance:** Supported continuous quality improvement processes within the facility.
- **Hygiene & Safety:** Practiced infection control and hygiene standards; assisted with domestic tasks, including food handling and cleaning.

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## Education

- High School Certificate, HSEB, Nepal (2022)

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## Additional Information

- **Availability:** Part-time, Casual
- **Visa Status:** Student Visa (Work rights in Australia)
- **Interests:** Volunteer work, travel, music, and literature

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## References

Available upon request.