

SIKSHA PANTA

PERSONAL STATEMENT

Dedicated support worker with extensive experience in personal care and health monitoring, and ensuring safety. Proven ability to communicate effectively, uphold infection control standards, and provide compassionate assistance. Equipped with strong leadership and organizational skills to deliver exceptional care in diverse settings.

EXPERIENCE

Clinical Placement (120hrs)

Bupa Aged care (Greenacre)

August 2023–September 2023

- ✓ Provided daily living assistance and personal care to residents.
- ✓ Monitored resident health by taking vital signs and reporting any changes.
- ✓ Supported mealtime needs and ensured safety and comfort by responding to call bells and maintaining cleanliness.
- ✓ Communicated effectively with residents and families, adhered to infection control protocols, and maintained accurate care documentation.

Worked as AIN

Bupa Aged care (Greenacre)

December 2023 to January 2025

- ✓ Providing emotional support and companionship to residents, maintaining a clean and safe environment for residents, monitoring physical mental and emotional changes in patients.
- ✓ Delivering compassionate care to improve residents' quality of life, assisting with meal preparation best on dietary needs, administering medication as per care plans, communication concerns with families and staff to ensure safety.

Team Leader

Sydney Opera House, Quay Clean Pty. Ltd (Contractor)

October 2021 – Present

- ✓ Managed team communication and task delegation, ensuring a safe, hygienic environment through thorough cleaning and supply management.
- ✓ Responded promptly to radio communications and coordinated actions for building operations.


EDUCATION


- ✓ **Certificate IV in Disability**
Rglobal Education Pty. Ltd
- ✓ **Certificate IV in Individual Support**
Student care education and Migration service
- ✓ **Community service**
Victoria University, Sydney, Australia (*Ongoing*)


REFERENCES

Available upon request

CONTACT

 pantsiksha624@gmail.com

 0406887302

 Strathfield, NSW 2135

TICKETS

- ✓ Certificate IV in Individual Support.
- ✓ Current First Aid and CPR certificate.
- ✓ Current Working with Vulnerable People.
- ✓ Current Police Check.
- ✓ Fully Vaccinated
- ✓ Manual Handling
- ✓ Infection and Hand hygiene
- ✓ Cultural Diversities training

SKILLS

- ✓ Daily Living Assistance
- ✓ Personal Care
- ✓ Health Monitoring
- ✓ Mealtime Assistance
- ✓ Safety and Fall Prevention
- ✓ Communication Skills
- ✓ Empathy and Compassion
- ✓ Problem-Solving
- ✓ Teamwork
- ✓ Infection Control
- ✓ Documentation
- ✓ Client Advocacy
- ✓ Cultural Sensitivity
- ✓ Adaptability
- ✓ Resilience

LANGUAGES

- ✓ English - Proficient
- ✓ Nepali - Native
- ✓ Hindi - Proficient