

Tulasi Dahal

Unit 14, 12 Kendall St
Harris Park, NSW, 2150
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dahaltulsi06@gmail.com

Personal Information:

- **Date of Birth:** 08 December 1996
- **Gender:** Female
- **Languages:** English, Hindi, Nepali
- **Full working rights in Australia**

Objective:

Compassionate Aged Care Worker as Carer with hands-on experience providing companionship and emotional support to residents. Well-versed in accurately documenting vital statistics and health metrics. Committed to creating positive rapport with residents and providing quality care especially relating dementia.

Professional Experience:

➤ **Carer**

June 2023 – Present

Bupa Villages and Aged Care, Dural

Especially experienced for dementia care

- Provided residents with emotional support and companionship.
- Assisted with mobility needs and maintaining personal hygiene.
- Manual handling, medication.
- Supported showering, dressing and personal care needs.
- Followed safe lifting and transferring techniques to transport residents.
- Observed residents for changes in physical, emotional, mental or behavioural condition and injuries.
- Aided with mobility and independence for disabled residents and continually monitored safety.
- Improved residents outlook and daily living through compassionate care.
- Followed care plan and directions to administer medications.
- Reported concerns to nurse supervisor to promote optimal care.
- Encouraged residents to participate in activities of daily living to enhance personal dignity.
- Laundered clothing and bedding to prevent infection.
- Worked closely with clinical staff to support therapeutic and behavioural plans.

- Assisted residents with maintaining good personal hygiene.
- Built strong and trusting rapport with residents and loved ones.
- Helped residents get in and out of beds and wheelchairs.
- Monitored health and well-being of residents and reported significant health changes.

Skills:

- Incident Reporting
- Verbal and Written Communication
- First Aid and Safety
- Bedside Care
- Supportive Personality
- Problem Identification
- Medication comp
- Manual Handling
- Good computer skills
- Respectful and Compassionate
- Client Transportation
- Relationship Building
- Mobility Assistance
- ADL Assistance
- PPE Usage
- Dependable and Responsible
- Time Management
- Critical Thinking
- Physical Stamina
- Decision Making
- Caring Companionship
- Service Documentation
- Personal Hygiene Assistance
- Clear Communication
- Patient Ambulation
- Care Planning

- Client Records Management
- Client Documentation
- First Aid and CPR Certification
- Multilingual: English, Hindi, Nepali

Certifications:

- Certificate III in Individual Support (Ageing/Disability)
- First Aid and CPR
- National Police Check
- Full COVID-19 and Influenza vaccination
- NDIS Worker Clearance (WC)
- NDIS Worker Orientation Module
- NHHI (National Hand Hygiene Initiative)
- Infection Control Training – COVID-19
- And many more in job training and certifications

Placement:

Bupa Villages and Aged Care, Ashfield

References:

- *Aliza Mishra*
Registered Nurse
Bupa Villages and Aged Care, Dural
E: alzamishra@gmail.com
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- *Ranju Bhandari*
Registered Nurse
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Availability:

- Available for flexible hours, including weekends and holidays.

I hereby declare that the above furnished information is true to the best of my knowledge and that I solemnly will be held responsible for any deviation from them at a later stage.