PRAMILA CHHETRI

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SUMMARY

Compassionate and dedicated individual seeking a role in aged care or disability support. Skilled in providing personalized care, assisting with daily living activities, and promoting independence. Demonstrates strong empathy, patience, and excellent communication skills to build trusting relationships. Committed to ensuring a safe, supportive, and comfortable environment for clients. Eager to contribute to a team while making a positive impact on the lives of others.

WORK EXPERIENCE

Personal Support Worker, Guide Me Disability Centre   **Sep 2024 - Present**

- Assist clients with daily living activities, including personal care, meal preparation, and mobility support.
- Provide emotional and social support to promote independence and well-being.
- Administer medications and follow care plans as directed by healthcare professionals.
- Maintain a safe and clean environment while documenting client progress and reporting concerns.

Disability Support Worker, Safe Hands   **Nov 2023 - Feb 2025**

- Assist clients with daily living activities, including personal care, meal preparation, and mobility support.
- Develop and implement individualized care plans to promote independence and well-being.
- Provide emotional support and companionship, fostering a positive and inclusive environment.
- Monitor and report client progress, ensuring safety and addressing any changing needs.

EDUCATION   **May 2024 - Nov 2028**

Bachelor of Early Childhood Education
Ikon Institute of Australia, Sydney, NSW

SKILLS

- Empathy and compassion for client-centered care.
- Strong communication for clear interactions.
- Patience and adaptability in dynamic situations.
- Problem-solving to address client needs effectively.
- Team collaboration for coordinated support.

CERTIFICATIONS

- Aged Care, Childcare, and Disability Support Certification
- First Aid and CPR Certification
- Medication Administration Certification

REFERTENCES

Available upon request.