

Nor Afniza binti Md Rasani
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Career Objective

Compassionate and reliable Personal Care Worker with practical experience in aged care, food services, and environmental cleaning. Skilled in providing high-quality personal support, documenting Activities of Daily Living (ADLs), and responding to incidents with professionalism and care. Dedicated to ensuring the dignity, safety, and comfort of residents in a supportive care environment.

Work Experience

Personal Care Worker *Jacaranda Village, Red Cliffs* **January 2024 – June 2025**

- Assisted residents with personal care tasks including bathing, toileting, dressing, and mobility.
- Completed accurate documentation of residents' ADLs daily.
- Reported incidents in accordance with facility protocols and aged care standards.
- Observed and reported changes in residents' physical or emotional condition.
- Maintained a clean and safe living environment based on individual care plans.

Food Services Assistant *Regis Aged Care, Mildura* **March 2023 – December 2023**

- Prepared and delivered meals according to resident dietary requirements.
- Assisted residents during mealtimes, ensuring dignity and support.
- Maintained strict hygiene and food safety standards.
- Worked collaboratively with care staff to enhance the dining experience.

Cleaner *Prince Court Aged Care, Mildura* **March 2022 – March 2023**

- Maintained cleanliness in resident rooms and communal areas.
 - Followed infection control guidelines and aged care protocols.
 - Contributed to resident well-being by ensuring a safe, hygienic environment.
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Education & Certifications

Certificate III in Individual Support (Aging)

SuniTAFE, Mildura

Completed: 10 November 2023

First Aid & CPR Certificate

Angela Izard First Aid Services, Mildura

Completed: 7 October 2024


Skills


- Personal care and aged support
 - ADL documentation and incident reporting
 - Infection control and hygiene standards
 - First Aid and CPR certified
 - Manual handling and mobility support
 - Meal preparation and dietary awareness
 - Empathetic communication and teamwork
 - Time management and reliability
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References

Jessica William


Registered Nurse


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Jocelyn Jose


Registered Nurse


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