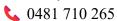
#### Nor Afniza binti Md Rasani

Ashcroft, NSW



morafniza1988@gmail.com

# **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
- 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.

# **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

## References

# Jessica William

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## Jocelyn Jose

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