

## **Sabita Bhusal**

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## **STRENGTHS**

I am caring, confident and hard-working employee. I am interested in working with aged people and disabled people and as such am seeking a position of Personal Care Assistant/Disability Support Worker in an organization where my knowledge, skills, experience and hard work can complement the targets assigned to me. I am looking forward to an opportunity to enhance learning and professional growth.

## **ACADEMIC QUALIFICATION**

Certificate IV in Ageing Support (2023)

Bachelor of Community Service (2023-2026)

## **TRAININGS AND CERTIFICATIONS**

- NCC Police Check
- First Aid and CPR Certificate
- NDIS Worker Screening Check
- Working With Children Check
- CPA Assist Client with Medication
- Manual Handling Certificate
- DSC Infection Control COVID-19
- NDIS: Infection Control COVID-19
- NDIS: Supporting safe and enjoyable meals
- Flu vaccine 2024

## **EMPLOYMENT HISTORY**

**Personal Care Worker, Holy Family Services**

**(May 2024 to till date)**

Responsibilities

- Monitored and examined residents' vital signs, ensuring timely reporting and observations.
- Assisted residents with personal care, including bathing, grooming, oral hygiene, and mobility support.
- Responded effectively to residents' physical, emotional, and social needs to maintain their comfort and dignity.
- Observed and monitored residents' diets, medications, and daily routines to ensure well-being.
- Facilitated essential tasks such as bed-making, cleaning, and personal care routines.
- Supported doctors and nurses by assisting with routine medical tasks and resident observations.
- Provided hygiene, cleaning, and basic medical care tailored to individual resident needs.
- Maintained accurate documentation and completed required paperwork promptly.
- Monitored and assisted residents with daily activities to promote independence and improve quality of life.

**Disability Support Worker, MMT Care Pty Ltd  
(September 2023 – May 2024)**

**Responsibilities:**

- Responsible for assisting clients with all kinds of personnel care such as bathing, oral hygiene, grooming, getting in and out of bed, standing and walking.
- Responsible for following client's BSP, dietitian plan, mealtime plan and recommendation from allied health team.
- Providing timely medication to the clients.
- Responding appropriately to the physical and emotional needs of the clients.
- Responsible for documentation of different charts such as sight charts, bowel and bladder charts, sleeping chart and documenting in progress notes, incident reports, as well as informing the House Coordinator.
- Responsible for maintaining effective communication with the client's family and participating in meetings with the house coordinator and other professionals and discussing various plans of care for the betterment of the client.
- Responsible for proper documentation and paperwork.

**Production Worker, B & E Services NSW Pty Ltd  
(January 2023- September 2023)**

**Responsibilities:**

- Food packing
- Labelling
- Quality checking
- Manual handling
- Loading/unloading raw materials
- Shelf stocking
- Inventory management
- Maintaining hygiene standards

**PERSONAL ATTRIBUTES**

- Fast Learner
- Reliable Worker
- People and Service Oriented
- Responsible, Resourceful, Flexible and Honest
- Accountable and Hard Working
- Confident and Professional manner.

**Involvement in the Social Sector**

- Worked as a Volunteer in Emergency Earthquake Assistance at Nepal in collaboration with Volunteering Team from The University of Toledo, USA and Malteser International, Germany.
- Worked with the collaboration of NGOs and INGOs for the various health camps and volunteer programs for the welfare of children and old people.

**Availability**

Thursday to Monday

## **References**

Upon Request