

ABOUT ME

As a diligent nursing student and a highly motivated professional, I bring to the table over a year of valuable experience in Residential Age Care. Renowned for my rapid learning capabilities and unwavering dedication, I am poised to tackle new challenges and contribute effectively to your company's goals. My dependability and positive attitude, coupled with my adaptability, make me an ideal candidate ready to thrive both autonomously and as an integral part of a team. I am eager to seamlessly integrate into your dynamic work environment and drive success.

SKILLS



LANGUAGES



REFERENCES

SAMIKSHYA PUDASAINI
Auburn Glen Care Community
T: 0405 498 881
E: samikshya.pudasaini012@gmail.com

KULPREET KAUR
RSL Aged Care Galston
T: 0431816466
E: kaurkupreet608@gmail.comk

CERTIFICATE

CERTIFICATE
Sydney
CHC43015 Certificate IV in Ageing Support

SUSHMA THAPA

AGE CARE WORKER

6 East Street, Granville, Granville, 2142, Australia

0404360609

sushmathapa9607@gmail.com

WORK EXPERIENCE

MONTEFIORE
RESIDENTIAL CARE
Sydney
Dec 2022 - Present

- Cook
- Prepared meals according to recipes and menus.
 - Prevented cross-contamination from utensils, surfaces, and pans when cooking and plating meals for food allergy sufferers.
 - Checked quality of ingredients before use to ensure freshness.
 - Ensured that all food was cooked at the correct temperature and stored correctly.
 - Coordinated with wait staff to ensure timely delivery of meals to residents.
 - Tasted all prepared dishes to check flavorings, texture and presentation prior to serving them to residents.
 - Inspected kitchens for sanitary conditions before the start of each shift.
 - Wrapped, dated and labeled food items in storage for safety and freshness.
 - Chopped, diced and sliced vegetables and fruit ahead of rush periods.
 - Prepare meals for more than 100 residents every day.

OPAL HEALTH CARE
Sydney
Jun 2023 - Jul 2023

- Aged Care Worker
- Provided guidance and support to residents in crisis situations.
 - Maintained daily records of resident activities, progress, and incidents.
 - Collaborated with other healthcare professionals to ensure best practice standards were maintained.
 - Encouraged positive social interactions between residents while managing negative behaviors.
 - Monitored clients' health conditions and reported any changes or concerns immediately.
 - Provided emotional support to residents during difficult times.
 - Administered first aid when necessary and provided follow-up care instructions.
 - Helped residents with activities of daily living, grooming and feeding.
 - Assisted with lifting patients to move on or off beds, examination tables and surgical tables.

EDUCATION

TRIBHUVAN
UNIVERSITY
Nepal
2019

Bachelor of Arts: Humanities and Social Science

INSTITUTE OF
HEALTH AND
NURSING
AUSTRALIA
Sydney
2025

Higher National Diploma