

Rawson Street, Auburn 2144, NSW | 0404 504 814 | shresthatolman@gmail.com
Availability: Full-time (Immediate Start) Permanent Residency: Yes
Gender: Male Languages: English, Nepali, Hindi

Objective

Compassionate and dedicated Personal Care Worker/Assistant with recent certification in Certificate III in Individual Support (Aging and Disability) and hands-on experience gained through internship at Thomson Health Care (Beecroft House). Eager to leverage acquired skills and knowledge to provide exceptional care and support to elderly and disabled individuals.

Key Skills

- Patient care and assistance
- Mobility assistance and Personal hygiene support
- Meal preparation and feeding
- Emotional support and companionship
- Crisis management
- Ability to work effectively in a team environment
- Knowledge of food safety and hygiene practices
- Cultural sensitivity and diversity awareness

Education

Certificate III in Individual Support (Ageing and Disability)
Studywise College, Hornsby NSW 2077

May, 2024

Internship Experience

Thompson Health Care (Beecroft House), Beecroft

Apr. 2024-May 2024

- Provided direct care and assistance to elderly and disabled residents under the supervision of senior staff.
- Assisted residents with activities of daily living, including bathing, grooming, dressing, toileting, and meal preparation.
- Supported residents in mobility exercises and transfers, utilizing proper lifting and transfer techniques.
- Prepared nutritious meals and assisted residents with feeding when necessary.
- Engaged residents in recreational activities and provided emotional support and companionship.
- Maintained cleanliness and tidiness of resident rooms and common areas.
- Collaborated with healthcare professionals to ensure holistic care for residents.
- Documented observations, incidents, and changes in residents' conditions.

Work Experience

Cheese Maker/Process Operator
Genobile Saba, Reservoir, VIC

March 2020 - June 2023

- Operated and maintained cheese production equipment according to safety and quality standards.
- Monitored production processes to ensure efficiency and product quality.
- Implemented sanitation procedures to maintain a clean and hygienic work environment.
- Contributed to team efforts to meet production targets and deadlines.

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Cheese Maker/Packager	August 2019 - February 2020
La Stella Latticini, Auburn, NSW	

- Assisted in the production and packaging of various types of cheese products.
- Followed standard operating procedures to ensure consistency in product quality.
- Maintained cleanliness and organization in the production area to comply with food safety regulations.
- Worked collaboratively with team members to achieve production goals and fulfill customer orders.

Certifications

- CPR, First Aid and Manual Handling Certification
- Certificate III in Individual Support
- Hand Hygiene competency
- NDIS orientation module
- NDIS Supporting Effective communication
- NDIS Supporting safe and enjoyable meals
- New Worker NDIS Induction Module
- Infection prevention and control in aged care

References

Available upon request.