

Rohan Bhandari

Personal Care Assistants

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Objective

Compassionate and experienced personal care assistant with two years of expertise in providing support to individuals in disability services and assisted boarding houses. Skilled in personal care, mobility assistance, medication administration, and fostering independence while maintaining a safe and supportive environment. Dedicated to improving the well-being and quality of life of aged care residents by delivering high-quality, individualized care with empathy and professionalism.

Capability

Personal Care, Transferring, Problem Solving, Planning, Time Management, Record Keeping, Behavior Management

Education

CHC33015 Certificate III in Individual Support (Ageing/Disability)

Working Experience

1. Raintree Retreat

(Casual date: 14th March 2023 to 14th November 2023)

- Provided daily support and care to 19 residents with various physical, intellectual, and mental health conditions in a boarding house setting.
- Assisted residents with personal care needs, including dressing, grooming, bathing, shaving, and toileting.
- Administered medication as per the medication management plan and ensured all records were accurately maintained.
- Planned, organized, and implemented recreational and social activities for residents to promote socialization and independence.

- Encouraged residents to be independent and empowered them to achieve their personal goals and aspirations.
- Maintained a clean, safe, and homely environment for residents, ensuring all communal areas were organized and presentable.

2. Breaking Barriers Disability Support

(Permanent Part time: February 2023 to Present)

- Provided one-on-one support for clients with various disabilities, including physical, intellectual and mental health conditions.
- Assisted clients with daily living activities such as personal hygiene, dressing, grooming, meal preparation and medication management and transferring.
- Accompanied clients to appointments, social events and community activities.
- Maintained accurate records of client progress and any incidents that occurred during shifts.
- Communicated effectively with clients, their families and other healthcare professionals involved in their care.
- Developed individualized care plans and strategies to meet the unique needs and goals of each client.
- Participated in staff training and development opportunities to enhance knowledge and skills in disability support.

3. Uprety Home Care

(Casual: July 2024 to Present)

- Assisted clients with personal hygiene needs during the night, including bathing, grooming, and changing incontinent pads to ensure comfort and dignity.
- Safely transferred clients between bed, wheelchair, or commode using appropriate equipment and techniques to minimize risk of injury.
- Regularly checked on clients throughout the night to address their needs promptly and ensure their safety and comfort.
- Ensured hygiene by disposing of soiled pads properly, cleaning and sanitizing equipment, and maintaining a tidy sleeping area.
- Accurately recorded care activities, incidents, and client updates to maintain effective communication with the day shift team and supervisors.
- Provided reassurance and comfort to clients during the night, addressing any concerns to promote a restful environment.

Knowledge and Skills

- Experience in providing personal care and support to individuals with disabilities including transferring.

- Ability to connect and build rapport with young/ Old people.
- Ability to follow direction and work autonomously
- Ability to work effectively in a team environment and collaborate with other healthcare professionals.
- Valid Working with Children Check NDIS Worker Screening Check
- Diabetes Management and Catheter Care training conducted by a Registered Nurse through my employer.

Personal Attributes

- Ability to work under pressure
- Ability to meet deadline
- Reliability
- Sociable

Hobbies

- Playing online video games
- Making Friends
- Volunteering
- Learning New Things

References

Available upon request