

# SANDEEP KAUR

AGED CARER & DISABILITY SUPPORT WORKER

## CONTACT

0491752430  
sandysandhu1980@gmail.com  
121 Webber Circuit, Bardia  
Sydney, 2565  
Australia

## SKILLS

- Daily Living Assistance
- Personal Care
- Compassionate
- Empathy
- Adaptability
- Independent Living Support
- Problem Solving
- Flexibility
- Documentation Skills

## LANGUAGES

- English (Fluent)
- Hindi (Fluent)
- Punjabi (Fluent)



## PROFILE

Detail Oriented disability and aged care support worker with one year of experience providing high-quality care and support to individuals with disabilities and aged people. Skilled in implementing effective communication strategies and ensuring compliance with health and safety regulations. Proven ability to enhance client well-being through empathetic support and improving their quality of life through dedicated service and strong interpersonal skills.



## WORK EXPERIENCE

**Support Worker** Qualitycare Nursing Agency APRIL, 2024 - PRESENT

- Provided direct and comprehensive support to individuals with disabilities, helping them to live as independently as possible.
- Assisted clients with activities of daily living, including meal, planning, shopping, budgeting and personal hygiene.
- Developed and implemented individualized care plans tailored to client's needs, preferences and abilities.
- Maintained accurate records of client's progress and updated case notes in accordance with organizational guidelines.
- Built relationships with clients and their families to foster trust and create a safe and supportive environment.
- Monitored client's health and safety, and provided crisis intervention as needed.
- Conducted regular assessments and evaluations of client's needs and provided feedback to improve care strategies.



## EDUCATION

**Certificate III in Individual Support (Ageing + Disability),**  
**Qualitycare Training Services, Sydney**

Jan 2024 - Feb 2024

Certificates

First Aid and CPR Certification



## Internships

**Disability Support Worker, Qualitycare**  
**Nursing Agency, Sydney**

APRIL 2024 - MAY 2024

I did my internship from Thomson Health Care, Oran Park, Sydney.

- Assisted experienced support workers in providing daily care and support to individuals with disabilities, including personal hygiene, mobility assistance, and medication management.