

Salina Adhikari

76/14-18 College Crescent, Hornsby, NSW 2077

0435005657

salinaadhikari2022@gmail.com

CAREER OBJECTIVES:

To succeed in an environment of growth and excellence and earn a job which provide me job satisfaction and self-development and help me achieve personal as well as organizational goals.

WORK EXPERIENCES:

Catholic Health Care, McQuoin Park, Waitara - Assistant in Nursing (Placement)

- Assisting residents with their overall personal care
- Assisting residents in feeding wholly and partially both
- Providing emotional and physical support to the residents
- Organizing residents' beds, room, and personal belongings
- Attending special care day
- Supporting residents while locomoting
- Using lifters to transfer residents

Naman Care Home, Nepal – Care Giver (Jul 2023 – Sept 2024)

- Assisting with activities of daily living (ADLs) such as bathing, dressing, grooming, and toileting.
- Supporting residents while locomoting
- Maintaining detailed records of care activities, changes in health, and any incidents
- Assisting residents in feeding wholly and partially both
- Providing emotional and physical support to the residents

EDUCATION:

- Certificate in Individual Ageing and Disability - 2025
- Diploma Leading to Bachelor in Early Childhood – 2025 (current)
- Higher Secondary Education (HSE) – 2024
- Secondary Education Examination (SEE) – 2022

TRAININGS:

- Manual Handling
- Infection Control and Hand Hygiene
- Dementia Handling
- Elder Abuse Training
- WHS Training
- Cultural Diversities Training
- Incident/Accident/Hazard Management Training
- Continence Management and Assessments

PERSONAL QUALITIES:

- Quick learner and good team player.
- Ambitious, hardworking, energetic, and well-disciplined.
- Positive thinking, self-motivated and flexible
- Soft spoken

INTEREST:

- Working for the community and society
- Aged care, disability care and childcare
- Basic computers with administration roles

REFERENCES:

Shreejana Phuyal Neupane

Workplace Educator, Catholic Healthcare McQuoin Park

sphuyaln@chcs.com.au

0478245706