

SANDUNIKA WEERASINGHE

Personal Care Assistant — Healthcare Assistant — Support Worker

📍 Dublin, Ireland (Seeking Australian sponsorship) 📞 +353 894079389 ✉ sandunikamw1995@gmail.com
🌐 <https://www.linkedin.com/in/sandunika-weerasinghe-200729312/>

PROFESSIONAL SUMMARY

Seeking employer-sponsored position under subclass 482 (TSS) or DAMA visa pathway. Dedicated Personal Care Assistant with extensive aged care experience. Qualified with QQI Level 5 (Distinction) and NVQ Level 3 (Distinction) in caregiving. Skilled in personal care, mobility support, dementia care, and promoting client independence. Eligible for skills assessment and available for immediate relocation. I am fully committed to working in regional Australia under DAMA if required.

CORE COMPETENCIES

- Personal care (bathing, dressing, toileting) and mobility assistance with hoisting/transfer techniques
- Dementia and Alzheimer’s care, palliative care support, medication reminders
- Vital signs monitoring, health observations, infection control protocols
- Meal preparation for dietary requirements, companionship and emotional support
- Care plan implementation, incident reporting, multidisciplinary team collaboration
- Manual handling certification, COVID-19 protocols, cultural competency

PROFESSIONAL EXPERIENCE

Personal Care Assistant

Hibernia Home Care, Ireland

February 2025 – Present

- Provide comprehensive personal care including bathing, dressing, toileting for elderly and disabled clients
- Execute safe manual handling and mobility transfers using appropriate equipment and techniques
- Monitor and record vital signs, health observations, reporting concerns to supervisors
- Prepare nutritious meals accommodating dietary requirements and cultural preferences
- Deliver emotional support and companionship while maintaining client dignity and independence
- Perform housekeeping duties maintaining clean, safe environments with infection control measures

Support Worker / Caregiver

Home Instead (DOVIDA), Ireland

July 2024 – February 2025

- Delivered person-centered care to elderly clients with varying dependency levels
- Provided personal hygiene support, dressing assistance, and mobility aid for complex care needs
- Planned nutritious meals tailored to dietary restrictions, health conditions, and preferences
- Facilitated social engagement and cognitive stimulation activities to prevent isolation
- Supported dementia clients using specialized communication and behavioral management techniques
- Maintained detailed care records and communicated effectively with families regarding progress

Quality Assurance Executive

MAS Intimates Pvt Ltd, Sri Lanka

September 2021 – December 2023

- Maintained quality standards and compliance protocols in manufacturing environment
- Collaborated with stakeholders to implement quality improvement initiatives and systematic documentation/reporting skills

EDUCATION & QUALIFICATIONS

Certificate in Care for the Older Person and Care Skills (QQI Level 5)

September 2024

Grade: Distinction (Recognized for Australian aged care)

Certificate in Caregiver (NVQ Level 3) Sri Lanka - Distinction

March 2024

Master of Business Administration (MBA) – Project Management

June 2025

Dublin Business School, Ireland – Second Class Honours

ADDITIONAL CERTIFICATIONS & TRAINING

- COVID-19 Vaccination: Fully vaccinated and boosted
- IELTS English Proficiency: Band 6.5 (Fluent healthcare communication)
- Infection Control and Patient Safety protocols
- Dementia and Alzheimer's specialized care training
- Committed to obtaining First Aid, CPR, and Working with Children Check upon Australian arrival

KEY PROFESSIONAL ATTRIBUTES

Clinical Excellence

- Evidence-based practice commitment with risk assessment and emergency response skills
- Medication management understanding and safety procedure adherence
- Quality assurance mindset with continuous improvement focus

Interpersonal Skills

- Cultural competency with diverse populations and conflict resolution abilities
- Excellent communication with clients, families, and healthcare teams
- Empathy and compassion for elderly and vulnerable populations

Professional Development

- Continuous learning commitment and adaptability to varying care needs
- Effective team collaboration in multidisciplinary environments
- Leadership potential with mentoring capabilities

VISA STATUS & AUSTRALIAN READINESS

- Actively seeking employer sponsorship for Australian work visa (subclass 482/186)
- Available for immediate relocation upon visa approval
- Currently completing Australian skill assessment requirements
- Geographically flexible - open to relocation anywhere in Australia and long-term career commitment to Australian healthcare
- Understanding of Australian Aged Care Quality Standards

PROFESSIONAL REFERENCES

Lisa O'Brien

Recruitment Executive
Hibernia Home Care – Finglas
Phone: 01-5240242
Mobile: 086-0841728
Email: lisa.obrien@hiberniahomecare.ie

Maja Popovic

HR Coordinator
Home Instead – Swords, Co Dublin
Phone: (01) 895 0010
Mobile: (086) 168-2026
Email: maja.popovic@dovida.ie (previously Home Instead)

DECLARATION

I declare that the information provided in this resume is true and accurate. I am committed to providing high-quality care to Australian clients and contributing positively to the Australian healthcare system.

Available for immediate interview via video call upon arrival in Australia