

Sangita Sharma Upadhyay

0436116546 | upadhyaysangita93@gmail.com | Rockdale, NSW

SUMMARY

Compassionate and dedicated Assistant in Nursing (AIN) with a Certificate III in Aged Care and hands-on experience in residential aged care settings. Demonstrates strong communication skills, a proactive approach to resident wellbeing, and an excellent understanding of hygiene, infection control, and person-centred care. Currently seeking an opportunity in the aged care sector, bringing compassion, reliability, and a strong commitment to delivering respectful, high-quality support to residents with empathy and professionalism.

CERTIFICATIONS

Certificate III in Individual Support (Aged Care)

Includes 120+ hours of practical placement experience in a residential aged care facility

KEY SKILLS

- Personal & hygiene care
- Infection control & PPE compliance
- Manual handling & mobility assistance
- Dementia care support
- Communication & empathy in care
- Team collaboration

EXPERIENCE

Assistant in Nursing (Work Placement)

Presbyterian Aged Care – Ashfield, NSW

Aug 2019 – Sept 2019

Assistance in Nursing

- Assisted Registered and Enrolled Nurses with vital signs, repositioning, and documentation.
- Supported residents with activities of daily living (ADLs), including showering, dressing, toileting, and feeding.
- Promoted dignity, independence, and respect through culturally safe and person-centred care.
- Maintained a hygienic environment by applying correct infection prevention and control measures.
- Observed changes in resident condition and reported promptly to clinical staff.

EDUCATION

Siddhartha Higher Secondary School

Phedikhola, Nepal

Business Stream, Higher Secondary Level

2012 - 2014

AVAILABILITY AND WORK RIGHTS

- Available to start immediately
- Willing to relocate
- Full work rights in Australia

REFERENCES

Nikunj Khanal

Registered Nurse

nikunjkhanel685@gmail.com