

SEJAL SHRESTHA

Plumpton NSW 2761

0478065371

Sejalshr57@gmail.com



CAREER OBJECTIVE

A kind, compassionate and diligent individual with a positive attitude towards learning and with the ability to deal with sensitive issues in a personal, respectful and caring manner. As a personal care assistant, my goal will be to provide holistic person-centred care to the residents with a commitment to delivering an exceptional level of service. I believe I am a quick learner and with proper training and support I can excel what I am expected to do.



SKILLS

- A very positive “can-do” attitude.
- Highly effective verbal and written communication skills.
- Establish time management skills, with the ability to multi-task safely.
- A quick learner and enjoy an entrepreneurial team culture.
- Mature minded and possess integrity to provide superior customer service.
- Able to work in an engaging and respectful workplace that supports growth and learning
- A sharp analytical mind- able to think laterally and strategically.
- An ability to diligently follow all WHS policies and procedures and ensure everyone’s safety in the workplace by being vigilant for risks and reporting all possible hazards.
- Great understanding and commitment to person-centered care.



EDUCATION

Bachelor’s in Nursing (*February 2024 – Ongoing*)
Western Sydney University, Campbelltown

Certificate III in aged care
First Aid Course Training & Manual Handling Training
Placement Attended in:
Bella Vista Gardens (120hrs placement)
Bella Vista, NSW

High School Qualification
DAV College – Hotel Management (2023) Kathmandu, Nepal



RELEVANT EXPERIENCE

Personal Care Assistant | Casual

Bella Vista Gardens - Cranbrook Care (April 2024 – Current)

- Providing holistic patient-centered care, recognizing the rights and dignity of patients and their family to receive best possible outcome
- Experience in dementia-specific and palliative care nursing.
- Exposure to both high and low care needing residents and experience to a variety of clinically and culturally diverse residents
- Advocating for the residents' needs and ensuring accurate documentation for all the residents
- Effectively collaborating with residents, their family and team members
- Following work health and safety protocols to ensure patient as well as everyone's safety in the workplace
- Further developed confidence in assisting the residents with daily living activities such as mobilizing, eating, toileting and showering

Personal Care Assistant | Casual

Sri Nursing Agency (April 2024)

- Experience in dementia-specific and palliative care nursing.
- Effectively collaborating with residents, their family and team members to provide the best care possible.
- Up to date with First aid and manual handling training.
- Ability to work in a fast-paced environment in an efficient manner, skilled in time management and teamwork.
- Following work health and safety protocols to ensure patient as well as everyone's safety in the workplace
- Experience with electronic software for documentation.



REFERENCES

Kalpana Gyawali

Registered Nurse at Bella Vista Gardens

Contact number: +61 413 342 156

Email: gyawali.kalpana@yahoo.com

Sushma Thapaliya

Team leader (PCA) at Bella Vista Gardens

Contact no +61 450 436 136