



# SHANAL CHAND

## PROFESSIONAL CAREWORKER

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Dedicated Personal Care Worker with experience supporting elderly clients and individuals with mobility challenges. Skilled in delivering compassionate care, including assisting with daily living activities, personal hygiene, and health monitoring. Proven ability to create safe, engaging environments that promote clients' well-being and emotional support. Certified in first aid, dementia care, and individual support. Currently pursuing **Diploma of community service** from Australia.

## CORE COMPETENCIES

Personal Care Assistance

Assistance with Daily Living Activities

Medication Administration

Health Monitoring Mobility Support First Aid and CPR

Dementia Care Client Hygiene Management

Safe Handling Techniques Monitoring, Control & Observations

Family Communication

Infection control

## WORK EXPERIENCE

### Oak Towers Aged Care - Churches of Christ

139 Atherton Road, Oakleigh VIC 3166

#### **Personal Care worker October 2024 current**

Responsibilities and Key Attainments:

- Assisted clients with daily activities such as bathing, grooming, and feeding, ensuring comfort and hygiene.
- Developed and implemented personalized games and activities, enhancing mental stimulation for clients.
- Supported clients with mobility challenges, utilizing wheelchairs, walkers, and canes to improve their movement.
- Regularly sanitized living areas, contributing to a clean and safe environment for clients.
- Coordinated with healthcare staff to ensure proper care and addressed any changes in client health.
- Supported clients with maintaining personal hygiene, ensuring they felt confident and well-cared-for.

### TLC Nobel Manor

### **Placement Personal Care Worker**

*August 2024*

*Austr*

Responsibilities and Key Attainments:

- Assisted clients with daily activities such as bathing, grooming, and feeding, ensuring comfort and hygiene.
- Developed and implemented personalized games and activities, enhancing mental stimulation for clients.
- Supported clients with mobility challenges, utilizing wheelchairs, walkers, and canes to improve their movement.
- Regularly sanitized living areas, contributing to a clean and safe environment for clients.
- Coordinated with healthcare staff to ensure proper care and addressed any changes in client health.
- Supported clients with maintaining personal hygiene, ensuring they felt confident and well-cared-for.
- Assisted clients with dietary needs, ensuring they received appropriate nutrition tailored to their health requirements.

### **Old Age Home**

Volunteer

*2022*

*Fiji Is*

Responsibilities and Key Attainments:

- Offered consistent companionship to elderly residents, improving their emotional well-being and reducing isolation.
- Assisted residents with grooming, dressing, and personal care, ensuring comfort and dignity in daily life.
- Facilitated group activities such as physical exercises and crafts, enhancing mental well-being and social engagement.
- Supported residents during outings, ensuring safe transport and fostering community connection.
- Developed a rapport with residents, helping them feel valued and respected during their stay.
- Organized social events that promoted inclusivity and engagement, fostering a sense of belonging.
- Provided personalized care for residents with special needs, improving their daily experience.

### **CWM Hospital**

#### **Personal Care Assistant**

*2020 - 2021*

*Fiji Is*

Responsibilities and Key Attainments:

- Delivered personalized care for immobile patients, assisting with daily hygiene and maintaining their dignity.
- Supported clients with physical exercises, promoting recovery and enhancing mobility over time.
- Proactively monitored patient health and well-being, communicating changes to the healthcare team.
- Created a secure and supportive environment, reducing incidents of accidents or injuries.
- Administered first aid for minor injuries, preventing further complications and ensuring patient safety.

- Provided emotional support to clients and families, helping them navigate the challenges of aging.
- Collaborated with the healthcare team to ensure consistent care, improving overall patient outcomes.

## **EDUCATION**

### **Diploma of community service (Currently Pursuing)**

TasCollege | Australia

## **CERTIFICATIONS**

### **Certificate III in Individual Support**

Certificate IV in Ageing Support

Valid National Police Check – Victoria

Working with Children Check – Victoria State Govt

CPR and First Aid Certificate

Dementia Certificate

## **SOFT SKILLS**

## **LANGUAGES**

English – *Official Proficiency*

Hindi – *Bilingual Proficiency*

## **REFERENCES**

### **Mr. Amita Chand**

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### **Mr. Jemal Wariyo**

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