

SKILL IN BRIEF

PROFESSIONAL

First Aid Certificate

CPR Certificate

Class2 Agent Real Estate

Licence

PERSONAL SKILLS

Listening skills

Native Mandarin Speaker

Open to new ideas

Adaptable

ACADEMIC QUALIFICATIONS

*Certificate 3 In
Individual
Support (Disability)-2023*

*Bachelor of Arts
Beijing Uni of Tech -
2005*

PERSONAL DETAILS

Shi Zhong
9 Nyara Road, Mount Kuring
Gai NSW 2080

M: 0466 984 220
E: 390378568@qq.com

YOB: 1984
Driving license: P- Plate

Care Service Employee

PERSONAL SUMMARY

Reliable, flexible and able to commit to weekend shifts. I have adequate communication and interpersonal skills. Happy to perform any care worker for people who are elderly or need help with daily tasks.

Keen to find a challenging position within a nursing home where I will be able to continue to increase my work experience & develop my abilities.

WORK EXPERIENCE

Southern Cross Care Residential Care Apr 2024 – Current
Care Service Employee (Casual))

Location Worked:
North Turramurra

WeCare Health Agency Pty Ltd Nov 2023 – Current
Assistant In Nursing (Casual)

Location Worked:
Adventist Aged Care – Wahroonga
ANHF Bernard Chan Nursing Home – Burwood
ANHF Huang Ying Jung Nursing Home – Gordon
Uniting Bowden Brae Nursing Home - Normanhurst

Helping residents to develop their independent daily living skills in accordance with their individual care plan. Providing High Care for people who have complex and challenging needs. While also looking after resident in Low Care in terms of their behaviour and emotional, psychological and developmental well-being.

Duties:

- Experience with Covid 19 shift procedures, include don & doff PPE, Dispose of contaminated items.
- Assist residents with oral hygiene activities such as brushing teeth, cleaning dentures
- Check skin of bedbound residents and change position to avoid pressure ulcer, sometimes per RN request I apply Clotrimazole 10% cream or Eleuphrat cream
- assist with resident showering and drying
- Provide bed wash and apply MoliCare barrier cream to avoid IAD (Incontinence Associated Dermatitis)
- Make bed and change bedding products, such as draw sheets, flat sheets, fitted sheets, kylie sheets, blankets, pillow cases
- Assist in toileting and change incontinence pads regularly, monitor and bowel movement and report anything abnormal to RN.
- Distribute meals snacks and making drinks for residents
- Assist in lifting and transferring of residents by standup lifter or

- full hoist with another staff
- Feeding residents and monitor intake to help residents achieve nutritional objectives
- Help residents with undressing, dressing, grooming and makeup
- Able to identify and reduce resident fall risks
- Monitor any incident concerning with residents and report to RN promptly
- Remind residents upcoming social events, family visit, medical appointments

End Of Life Care For Father (China) May 2021- Jan 2023

I had to travel back to Beijing, China to provide assistance to my dying father's day to day living needs.

- Include personal hygiene service such as showering and toileting support.
- Cooking of basic meals, general duties (include vacuuming and mopping of floor, detail bathroom cleaning, hand washing clothes, ironing, changing bedsheets).
- Purchasing of all grocery.
- Taking him to Cancer treatment. helping with medication preparation.
- Reading books and keeping conversation with him.

Real Estate Sales Assistant – Linden Wise (Chatswood)
May 2020 – Oct 2023

Facilitated in the sales of House and Land project in the North West of Sydney.

- Prepare marketing material,
- Prepare sales related document.
- Communicating with mandarin speaking clients
- Cold calling mandarin speaking clients

KEY SKILLS AND COMPETENCIES

- Being flexible in daily work & routines also having own transport & able to travel.
- Native Mandarin speaker
- Grief counselling- helping loved one dealing with loss of family members.