

# Shubhpreet Kaur

chandishubhreetkaur@gmail.com

## SKILLS

- **Interpersonal Skills:** Excellent communication and active listening abilities; compassionate and empathetic nature.
- **Physical Abilities:** Capable of assisting with mobility and personal care needs.
- **Language:** Fluent in English, Hindi and Punjabi.
- **Other:** Patient, reliable, and adaptable; quick learner with a strong work ethic.

## REFERENCES

Available upon request.

## ADDRESS

3/130 Walker Street,  
Quakers Hill

## PHONE

0450506282

## EXPERIENCE

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1/11/2023- 15/3/2024

*Aged Care Internship (4 months)*

Kashi Dham Vridh Ashram Trust, Bareilly

Responsibilities:

- **Personal Care:** Assisted residents with activities of daily living (ADLs) including bathing, dressing, grooming, toileting, and mobility, ensuring their dignity and comfort.
- **Companionship and Emotional Support:** Provided friendly conversation, listened to stories, and offered emotional support to combat loneliness and isolation.
- **Hygiene and Safety:** Maintained a clean and safe living environment, adhering to infection control protocols and reporting any hazards or concerns.
- **Personal Care:** Assisted residents with activities of daily living (ADLs) including bathing, dressing, grooming, toileting, and mobility, ensuring their dignity and comfort.
- **Companionship and Emotional Support:** Provided friendly conversation, listened to stories, and offered emotional support to combat loneliness and isolation.

## EDUCATION

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- Year 12                      June 2023  
Guru teg Bahadur Educational Academy, Shahjahanpur,  
India
- HLTAID009 Provide cardiopulmonary resuscitation