



## PROFESSIONAL PROFILE

Empathetic and dependable **Disability and Aged Care Support Worker** with over 3 years of experience delivering personalised care and support to elderly and NDIS clients through Australian Unity. Passionate about empowering individuals to maintain independence and quality of life through respectful, client-focused care. Skilled in personal care, community engagement, dementia support, and daily living assistance. Strong understanding of safety protocols, care documentation, and cultural sensitivity. Proven ability to build trust and positive rapport with clients and their families.

## EDUCATION

### King's Own Institute

Bachelor's Degree in Information Technology  
2021-2024

## SKILLS

- Personal & Companion Care
- Aged Care & Disability Services
- Dementia & Cognitive Support
- Daily Living Assistance
- Manual Handling & Transfers
- Community Access & Social Inclusion
- Medication Assistance & Prompts
- Care Plans & Documentation
- Infection Control & Hygiene Practices
- First Aid & CPR Certified
- Empathy, Patience & Communication

## QUALIFICATION & CERTIFICATIONS

Certificate III in Individual Support  
(Ageing, Home & Community)  
Global Education Institute, Campsie -  
2022

### Current Certifications:

- HLTAID011 – Provide First Aid
- HLTAID009 – Provide CPR
- Manual Handling & Safe Work Practices
- Infection Control Training
- NDIS Worker Screening Check – Cleared
- Working With Children Check

## PROFESSIONAL EXPERIENCE

### Disability & Aged Care Support Worker

Australian Unity – Sydney, NSW

March 2022 – Present

- Delivered high-quality personal care including showering, dressing, toileting, and grooming in accordance with individual care plans.
- Provided safe mobility and transfer assistance using appropriate manual handling techniques and equipment.
- Supported clients with medication reminders and daily health monitoring tasks.
- Facilitated meal preparation, household tasks, and light cleaning to ensure a safe, clean home environment.
- Promoted social inclusion by accompanying clients to community activities, medical appointments, and outings.
- Maintained accurate documentation, including progress notes and incident reports in line with NDIS and organisational requirements.
- Built strong, respectful, and culturally sensitive relationships with clients and their families, maintaining privacy and dignity at all times.

## REFERENCES

References available upon request.