

# Subrat Subedi

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Parramatta, NSW 2150  
0449982291  
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## Summary

Compassionate Personal Care Worker with one year of experience providing companionship and emotional support to residents. Well-versed in accurately documenting vital statistics and health metrics. Committed to creating positive rapport with patients and providing quality patient care.

## Skills

- Personal care
- Mobility assistance
- Nutritional support
- Patient monitoring
- Hygiene management
- Effective communication
- Team collaboration
- Housekeeping tasks
- Behavioral support
- Lifting and transferring

## Experience

St Catherines Aged Care Services

June 2024 to Current

### Care Worker

Marsfield, NSW

- Assisted with personal care tasks including bathing, dressing, toileting, oral hygiene, and grooming, ensuring dignity and comfort at all times
- Assisted in feeding clients and preparing nutritionally appropriate meals in accordance with dietary needs and preferences
- Provided comprehensive support for the physical, emotional, and social needs of elderly and disabled individuals
- Maintained a safe, hygienic environment through light housekeeping, laundry duties, and infection control practices
- Assisted clients with routine repositioning and use of pressure-relieving equipment to prevent pressure injuries and promote circulation
- Observed and promptly reported any changes in clients' physical, mental, or emotional condition, including behavioral shifts and early signs of illness or injury
- Supported mobility and independence through active engagement and physical assistance, reducing fall risks and promoting confidence
- Encouraged participation in daily living activities and routines to enhance clients' personal dignity, autonomy, and quality of life
- Worked collaboratively with clinical and allied health staff to support individualized therapeutic and behavioral intervention plans
- Followed safe manual handling, lifting, and transfer techniques using hoists, slide sheets, and mobility aids to ensure both client and personal safety
- Monitored and documented vital signs, medication adherence, and any adverse reactions, escalating concerns when necessary
- Performed routine checks of pulse, temperature, respiration, and general well-being, ensuring prompt response to health changes
- Built trusting relationships through meaningful conversation, recognizing clients' preferences, histories, and interests
- Maintained transparent and compassionate communication with families, updating them on client progress and emotional well-being
- Advocated for client needs and preferences during team meetings and care planning sessions
- Supported palliative and end-of-life care with sensitivity, ensuring comfort, emotional support, and

respect for cultural practices.

Presbyterian Aged Care  
**Care Service Employee**  
Drummoyne, NSW

October 2024 to February 2025

- Provided personal care including bathing, toileting, grooming, and hygiene support
- Assisted with mobility, safe transfers, and repositioning to prevent pressure injuries
- Supported meal preparation and feeding in line with dietary requirements
- Maintained a clean, safe, and comfortable environment for clients
- Monitored and reported changes in clients' physical and emotional well-being
- Promoted independence and dignity in daily living activities
- Built strong, respectful relationships with clients and their families
- Followed care plans, safety procedures, and manual handling protocols

## **Education**

**Australian Community And Management College**  
**Certificate III in Aged Care**  
Gosford

June 2024

## **Certifications**

- Certificate III in individual support (aged care and disability)
- First and CPR training
- Dementia course by Dementia Support Australia
- Infection control and prevention training
- Manual handling training
- Aged Care Training Passport

## **References**

References available upon request.