

Sujan Paudel

5/84-86 Albert Road, Strathfield 2135, Sydney, NSW

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Professional Summary

Compassionate and dedicated carer with comprehensive training and hands-on experience providing personalized care to elderly residents. Possesses relevant certifications, practical placement experience, and necessary background checks. Proven ability to deliver high-quality support tailored to individual needs, ensuring comfort and dignity. Also skilled in maintaining cleanliness and hygiene standards.

Education**Certificate III in Individual Support (Ageing and Disability)**

Block Learning, 2024

Certifications

- First Aid and CPR Certificate
 - Police Check
 - Working with Children Check
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Professional Experience**Aged Care Placement**

RFBI Concord Community Village, Rhodes, NSW

(15 days, 120 hours)

- Assisted elderly residents with daily activities including personal hygiene, mobility, and meal assistance.
- Developed and maintained positive relationships with residents, providing emotional and social support.
- Coordinated with healthcare professionals to ensure the well-being of residents.
- Implemented care plans tailored to individual needs and preferences.

Cleaner

Quay Clean, Sydney, NSW

(Since February 27, 2023 - Present)

- Perform cleaning duties according to company standards in various commercial locations.
 - Maintain high cleanliness and hygiene standards.
 - Collaborate effectively with team members to ensure efficient service delivery.
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Skills

- **Personal Care:** Proficient in assisting with daily living activities, personal hygiene, and mobility support ensuring residents' comfort and well-being.
 - **Communication:** Excellent verbal and written communication skills, capable of interacting effectively with elderly residents, their families, and healthcare professionals.
 - **Problem-Solving and Critical Thinking:** Adept at identifying and resolving challenges in a supportive and patient manner.
 - **Time Management and Organization:** Strong organizational skills to effectively manage tasks and schedules.
 - **Learnability:** Strong desire to learn and develop new skills to excel in this role.
 - **Team Collaboration:** Ability to work collaboratively with care teams to deliver holistic care solutions.
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Additional Information

- **Availability:** 24 hours per week (Student Visa).
 - **Transportation:** Own personal vehicle with international license
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References

1. **Neena Acharya**
Team Leader/Supervisor
Quay Clean
Phone: 0450 631 700
Email: neena.acharya@quayclean.com.au
2. **Rajan Khatiwada**
Placement Coordinator
Aussie Globe Academy
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3. **Samata Poudel**

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