

Sujata Dahal

Address: 8/87 Station Road auburn

Contact: 0468444867

Email: Sujatadahal642@gmail.com

DOB: 28th April 2000

Objectives:

I am compassionate and dedicated aged care professional with experience providing warm and attentive support to elderly residents. I take pride in offering personal care, medication assistance, and emotional support, always ensuring dignity and comfort for those in my care. With strong communication and teamwork skills, I am deeply committed to enhancing the well-being and quality of life for older individuals.

Key skills

- Providing respectful and gentle personal care, including bathing, dressing, and grooming, to ensure residents feel comfortable and valued.
- Assisting with mobility and transfers, helping residents move safely and confidently.
- Preparing nutritious meals and assisting with feeding to support overall health
- Offering compassionate dementia and palliative care, tailored to individual need
- Providing emotional and social support to foster companionship and well-being
- Communicating effectively and working collaboratively with families and healthcare teams.
- Maintaining high standards of infection control and hygiene to ensure a clean, safe environment

Skills

- Excellent communication and listening skills

- Patient, empathetic, and calm under pressure
- Strong work ethic and reliability
- Team player with caring and supportive attitude
- Willingness to complete aged care training and certifications

Work experience

- Assisted residents with activities of daily living and emotional support
- Ensured a clean and hygiene living space for all residents
- Provide compassionate care and daily support to elderly residents
- Assist with personal hygiene, mobility and medication management
- Foster a safe and comfortable environment through attentive care
- Communication effectively with families and healthcare professional

Education:

Certificate IV in Ageing Support

New Era Institute

03/06/2024 to 02/12/2024

CERTIFICATE IV IN ACCOUNTING AND BOOKKEEPING

International Institute of Education

DIPLOMA OF ACCOUNTING

International Institute of Education

AIN COURSE

Advance College Burwood

First Aid and CPR Certificate

Manual Handling Training

Work experience:

Placement completed from:

St Nicholas Senior Aged Care Centre 160 hours

Placement completed from

St Patrick's Aged Care Kogarah centre 120 hours

I have Learner licence, but I don't have proper licence.

References:

Amrita Thapa

0450917364

Shova BC

Ph Number: 0434555237

Bhawana Dahal

Ph Number: 0420583579

Chandra Sunwar

0415978320