

Suraj Dhakal

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Objective

As a Support worker, I am dedicated to providing quality care to patient in both aged care and personal care home. With a deep understanding of patient care, I assist with personal hygiene, mobility and daily living activities, monitor health conditions, and ensure comfort and safety. My commitment to delivering high-quality care helps enhance the well-being of individuals while supporting healthcare professionals in delivering comprehensive services.

Key Skills

- Personal care assistance (bathing, dressing, grooming, and toileting)
 - Knowledgeable about proper hygiene and infection control practices
 - Dementia and palliative care experience
 - Mobility assistance and use of mobility aids
 - Reporting and recording
 - WHS (Workplace Health & Safety) awareness
 - Excellent communication and interpersonal skills
 - Ability to work independently and as part of a team
 - Safe Manual handling (trained)
 - First Aid and CPR skills
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Work Experience**Placement Student – Aged Care Assistant**

Bupa Aged Care, Ashbury, NSW

(17 March 2025 – 4 April 2025)

- Under supervision, I helped with daily care tasks like dressing, eating, personal hygiene, and mobility assistance.

- Participated in manual handling, infection control, and falls prevention practices aligned with Aged Care Quality Standards.
 - Engaged residents in social and recreational activities to enhance wellbeing and reduce isolation.
 - Supported nursing staff with basic documentation and learned to use aged care management systems.
 - While collaborating with multidisciplinary staff, I developed great communication and cooperation abilities.
 - Demonstrated professionalism, empathy, and respect for residents' dignity and cultural backgrounds.
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Training & Certifications

- Certificate III in Individual Support (Ageing and Disability)
 - First Aid and CPR Certificate
 - "Quality, Safety and You" - NDIS Worker Orientation Module
 - Hand Hygiene Hand Dermatitis Online Learning Module
 - Infection Prevention and Control Module – NHHI
 - Australian Police Check
 - Flu Vaccination
 - International Covid-19 Vaccination Certificate
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References

- Purna Chandra Nepal – Support Worker, North-west Support Services
|0452366787| purnacnepal@gmail.com
- Rajan Khatiwada - Placement Coordinator, Aussieglobe Academy
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