

Surakshya Karki

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Personal Summary

Compassionate support worker with a Certificate III in Individual Support with physiotherapy background from overseas. Dedicated in delivering high-quality care to residents, and helping them with daily tasks. Passionate about making a positive difference in patients' lives through attentive and respectful care. Bedside this, I am an inquisitive person who wants to learn and groom in the field of health care services.

Education and Certificates

- Certificate III in individual support (Ageing & Disability).
- Certificate of 'Quality, Safety and You' - NDIS Worker Orientation Module.
- Certificate of Basics of infection prevention and control in aged care.
- Certificate of Hand hygiene for clinical healthcare workers.
- Masters of Leadership and Management in Health Care, ACU, North Sydney (2024 July-till date)
- Bachelor of Physiotherapy, Kathmandu University, Nepal (2017-2023)

Experiences

Personal Care Assistant (Grace Support Services, NSW)

- Assisting with bathing, grooming, dressing, and toileting.
- Light housekeeping duties like cleaning, laundry, and organizing.
- Planning and preparing nutritious meals based on dietary restrictions.
- Offering companionship and social interaction to reduce isolation.

Personal Care Assistant Volunteer (Glenwood Aged care home; Hall and Prior, Greenwich, NSW)

- Assisted with mobility needs and maintaining personal hygiene and manual handling.
- Supported showering, dressing, feeding and personal care needs.
- Followed safe lifting and transferring techniques to transport residents.
- Encouraged residents to participate in activities of daily living to enhance personal dignity.
- Documentation and incident reporting.

Skills

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| • First aid & CPR | • Documentation |
| • Strong & clear communication | • Care planning and decision making |
| • Respectful and compassionate | • Manual handling |
| • ADL assistance | • Attentive on safety and quality care |
| • Time management | • Dependable and responsible |
| • Team work | • Problem Identification |
| • Caring companionship | • Flexibility and adaptability |

Conclusion

Being an international student from Nepal, and pursuing course related to healthcare, I have been looking for role which involves works that are related to assisting others and giving something to the society. A young girl from Nepal, grown up in the country which has a culture of respecting and taking care of older citizen, I believe that I will be perfect for the role. Besides this, helping the older ones in any form is one of the most beautiful work that you can do. Alongside, I believe working with Healthcare facility will give me a lot of growth in the aspect that I love. Therefore, with strong interest I am giving my application for the position of Personal Care Assistant.