

TARA SHARMA

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PROFILE

Compassionate and dedicated Direct Care Worker with a strong commitment to supporting individuals in need. Skilled in assisting with daily activities, medication management, and organizing engaging social programs. Passionate about building positive relationships and ensuring high-quality care for patients

KEY SKILLS & STRENGTHS

- Dedicated to delivering quality care while meeting workplace standards.
- Effective communication skills with sensitivity to diverse cultural backgrounds.
- Skilled in building trust and maintaining long-term professional relationships.
- Quick learner with a passion for continuous improvement.
- Self-motivated and capable of working independently with minimal supervision.
- Highly organized and professional in all aspects of work.
- Team players who work well with colleagues and support a positive work environment.
- Hardworking and reliable, always striving to complete tasks effectively.

TRAINING

- Manual Handling (Australian community and management college)
- Workplace Health & Safety (WHS) (Australian community and management college)
- Cultural Awareness & Diversity Training (Australian community and management college.)
- Incident, Accident & Hazard Management Training (Australian community and management college)
- Continence Management & Assessment Training (Australian community and management college)

CERTIFICATION

- Certificate III in Aged Care
- First Aid & CPR
- NSW Police Check (NSW Police Branch)
- Bachelor's in business – Tribhuvan University (Nepal)

WORK EXPERIENCE

Assistant in Nursing (Work Placement - Under Supervision)

Thompson Health Care (Oran Park) – 10-02-2025 to 28-02-2025

Key Responsibilities:

- Assisted residents with daily personal care following individual care plans.
- Built strong relationships with clients, families, and staff to ensure clear communication.
- Maintained privacy, dignity, and confidentiality while providing care.
- Understood and followed internal and external complaint procedures.
- Contributed to Continuous Quality Improvement initiatives.
- Provided emotional support and encouraged residents to participate in activities.
- Followed safety protocols, including fire and emergency procedures.
- Reported and documented any changes in residents' health conditions.
- Maintained cleanliness and assisted with meal preparation, laundry, and general housekeeping.
- Identified potential hazards and reported them immediately to ensure a safe environment.

INTERESTS

- Community service and social work
- Aged care, disability support, and childcare
- Learning new skills to enhance professional growth

REFERENCES

Amita Subedi- R.N.
(Thompson Health Care, Waratah Ward)

Sabita Adhikari- AIN
(Thompson Health Care, Waratah Ward)

Suva Lama - AIN
(Thompson Health Care, Waratah Ward)