

Taranpreet Singh

taranpreet1511@outlook.com | 0449076670 | Wollongong, NSW (2500)

Professional Summary- Dedicated and experienced Support Worker with a Certificate III in Individual Support and one year of hands-on experience providing care to individuals with complex psychological and physical conditions. Skilled in delivering high-quality personal care, including grooming, showering, manual handling, and hoist management. Adept at managing challenging behaviours, fostering independence, and collaborating with healthcare professionals to implement individualised care plans.

Education-

Master of Medical Biotechnology

University of Wollongong, Wollongong (Expected to graduate in May 2025)

Certificate 3 in Individual Support

Star Community College

Sydney, NSW

Skills & Experience-

- **Compassionate Support:** Proven ability to provide empathetic and individualised care, ensuring clients feel respected and valued. For instance, I supported individuals with severe psychological conditions by engaging them in calm, structured routines to improve their quality of life.
- **Client Supervision:** Experienced in closely monitoring clients' well-being, ensuring they receive the appropriate care, assisting clients with daily activities, and providing encouragement and supervision to promote independence.
- **Administration:** Strong record management and administrative skills, proficient in Microsoft Word and Excel. Maintained detailed documentation of client progress, medication schedules, and care plans to ensure transparency and compliance.
- **Personalised Care:** Skilled in developing tailored care plans that cater to clients' diverse needs. For example, adapted communication strategies for non-verbal clients to foster better interaction and understanding.
- **Behaviour Management:** Experience in managing complex behaviours associated with schizophrenia, depression, and bipolar disorder. Utilised de-escalation techniques and therapeutic communication to manage crises effectively.
- **Interpersonal Communication:** Strong ability to engage with individuals from diverse backgrounds, fostering a trusting and comfortable environment. Built meaningful relationships with clients and their families, ensuring they felt heard and supported.
- **Safety and Well-being:** Skilled in maintaining a safe and supportive environment by following strict infection control, hygiene, and manual handling protocols. Regularly conducted risk assessments to ensure clients' safety.
- **Team Collaboration:** Effective working alongside multidisciplinary teams, including nurses, therapists, and social workers. Coordinated with colleagues to enhance team efficiency and care quality.

- Incident Response: Quick and accurate response to emergencies, ensuring clients' safety. Successfully handled critical incidents, including medical emergencies, by administering first aid and CPR when needed.
- Documentation: Proficient in maintaining detailed and accurate records, including incident reports, progress notes, and care plans. Ensured documentation was compliant with regulatory standards.
- Flexibility: Adaptable to working flexible hours, including sleepover shifts. Able to adjust to changing client needs and care environments seamlessly.

Professional Experience:

Support Worker (Personal Care & Behavioural Support)

Sydney Health Care and Services, [Wollongong, NSW]

- Provided compassionate care and support to individuals with physical and psychological disabilities, ensuring their safety and well-being.
- Assisted clients in developing interpersonal and living skills, fostering their independence, and also helped them with daily living activities, including personal care, meal preparation, and household tasks.
- Implemented personalised care plans tailored to each client's needs and preferences.
- Maintained detailed records of client progress and behaviour, ensuring transparency and accountability.
- Collaborated with case coordinators to contribute to case planning and monitoring meetings.

Certifications and Licenses:

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| 1. Working with Children Check | 5. NSW Driver License |
| 2. NDIS worker screening check | 6. First Aid and CPR Certificate |
| 3. NDS human rights | 7. National Police Check |
| 4. NDS tolerance and abuse | 8. Vaccination Certificate |

Availability- Available on Monday, Thursday, Friday, Saturday and Sunday with flexibility to take shifts at any time, including evenings and late-night shifts. Open to on-call shifts as needed to support the team.

Referee-

Mr Adam Ryan (Manager, Sydney Health and Care Services, Wollongong)

Phone- 0477771202

Mail- adam@sydneyhealthcare.net.au