

Kareena Joshi



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SUMMARY

My goal is to work as a support worker in an organisation that can utilise my skills, as I am someone who is enthusiastic, committed and very supportive towards helping individuals in their wellbeing and mental health. Growing up (and for over a decade) I have been the primary carer for my Grandmother and I enjoy supporting and providing care to those who need it and take pride in being able to show an empathetic approach in any situation.

EXPERIENCE

Certificate III in Ageing and Disability (DUAL course) — Nepean TAFE, Kingswood

February - July 2024

-Studying course Certificate III Dual (Aging and Disability) Course at TAFE Nepean, Kingswood. First placement commenced 13/05/2024 - 24/05/2024 in Aged Care at Mountainview (Hardi) Aged Care, Penrith.

-Parramatta Hub - Sunnyfield Disability services, in Parramatta Placement commenced 11/6/24 - 27/6/24. Completed 120 hrs of placement in both Aged care and Disability.

Nepean Sleep Services, Sydney, Penrith— Assistant/Admin

August 2023 - December 2023

-Have the ability to provide customer service in terms of handling patient enquiries and bookings for patients looking to do Sleep apnea tests. Computer literate and experienced in collecting and making Data entry for patients.

-Ability to work in a fast paced environment, can work independently and in a team based setting.

SKILLS

- Empathetic approach
- Patient
- Active listening
- Understanding and positive regardless of the situation
- Ability to work efficiently in a team based environment or individually.
- Can use Microsoft Office, Word, Excel Powerpoint
- Growth mindset.

LICENCE

- Working with Children Check (WWCC)
- Covid 19 check and Influenza up to date.
- Police Check
- NDIS Clearance.
- Willing to gain first aid.

Mark Moran Group, Warrawee —Leisure and Lifestyle Assistant- Aged Care Organisation.

May 2022 - February 2023

- Cooperative and creative in a team based environment to uphold equality and duty of care while providing effective leisure and lifestyle activities for residents.

EDUCATION

Certificate III in Ageing and Disability (Dual course), Nepean TAFE, Kingswood- February - July 2024

- **Clear to Work — Introduction to Food Safety**, Certificate 2023

Wesley Mission, Sydney — Cert IV in Mental Health, January 2021- December 2022

HOBBIES

-Enjoy watching movies
-Creative activities like Drawing and Dancing

Current hobby: learning to speak Japanese.

LANGUAGES

-English
-Nepalese

References

Maddy (PCA)

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Sujan Karki

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Naomi Imlay (AN), Mountainview (Hardi) Aged care

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