

YOGITA CHAPAGAIN

Address: 88-92 albert road strathfield

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OBJECTIVES

Compassionate and dedicated Individual Support worker with a strong commitment to enhancing the quality of life for individuals in need. Proficient in providing personalized care, promoting independence, and fostering a positive and supportive environment. Seeking an opportunity to contribute my skills and passion for caregiving in a rewarding role.

EDUCATION

Certificate III in individual support: Einstein College of Australia (2023)

+2 (High School): Laxmi Higher Secondary School, Nepal (2021)

PCA Placement: HAWTHORNE GRANGE

(HAWTHORN,VIC)

Duties and responsibilities:

1. Delivered person-centred care to clients, including assistance with daily living activities.
2. Supported individuals with disabilities in achieving their goals and enhancing their independence.
3. Collaborated with a multidisciplinary team to develop and implement care plans.
4. Monitored and documented clients' progress, adjusting care plans as needed.
5. maintained a safe and clean environment, ensuring the well-being of clients.
6. Practiced manual handling techniques.
7. Gained familiarity with healthcare documentation and record-keeping

SKILLS

1. Good listening skills
2. Good interpersonal skills/communication skills
3. Team worker
4. Quick learner
5. Hardworking and dedicated
6. Knowledge of disability and aged care principles.
7. Cultural sensitivity and respect for diversity

Experience

_ [] Worked as a PCA at Hawthorn Grange

_ [] 1yr worked as PCA and meds at Aveo Freedom, Hawthorn, VIC

_ [] 8 months worked as PCA at Doutta Galla aged care service, VIC

References:

1. Manindar Kaur :RN(Registered Nurse) Hawthorn Grange

Email: mindukaur63@gmail.com

0478527209

2. Jeena Tamang : EN (Enrolled Nurse) Aveo Freedom

0433908301

3. Jacqueline Fitzsimons : Regional care manager at Aveo Freedom

Email : jacqueline.fitzsimons@aveo.com.au

4. Leena Binil : RN at Doutta Galla Aged Care Services Lynch's Bridge, VIC

Email : lbini1@dgas.org.au