

Ms Prena Karki

M: 0452 129 898 | Email: prenak10@gmail.com | 26 Holliday Ave, Edmondson Park, NSW 2174

SUMMARY

Very familiar with Age Care Services, dedicated and compassionate individual support worker with strong skills in assisting residents with daily living activities, monitoring vital signs, and providing emotional support. Known for ability to build trustful relationships with individuals and improve their overall wellbeing. Committed to delivering quality care and creating a positive environment that enhances residents' comfort and dignity.

SKILLS

- Personal Care Assistance
- Mobility support
- First Aid and CPR
- Patient documentation
- Compassion and empathy
- Communication Skills
- Teamwork and collaboration
- Time management
- Attention to Detail
- Problem solving

EXPERIENCE

Assistant in Nursing (Placement)

Thomson Age Care Centre | Oran Park NSW (From Nov – Dec 2024)

- Assisted elderly residents with daily living activities, including personal hygiene, eating, and mobility support.
- Provided compassionate care and emotional support to residents, ensuring their comfort and dignity.
- Monitored residents' health conditions, and promptly reported any changes to healthcare professionals.
- Supported the nursing team by managing tasks such as bed-making, dusting furniture, feeding assistance, and social engagement activities.
- Transferred patients to and from beds, chairs or wheelchairs using principles of body mechanics and equipment such as gait mobility support belt.
- Gained hands-on experience with infection control protocols, using healthcare equipment, assistive devices, including hoists, wheelchairs, and vital sign monitors.

Customer Service

ISAN International | Liverpool NSW 2170 | Oct - Nov 2024)

- Office documentation, file preparation, and deal with the customers
- Receive/make phone calls and handling inquiries.
- Office decoration, cleanliness, other day to day works.
- User computer for database / records updates
- Look after customers and solving problems
- Other duties as assigned by the manager

EDUCATION

Bachelor of Science | Macquarie University | Sydney, NSW |
Continuing (Student)

Higher Secondary Education | Science
Ankuram Academy | Chitwan, Nepal | Sep 2023

CERTIFICATIONS

Certificate III in Individual Support (Ageing and Disability)
Australian Community and Management College
| Sydney, NSW | Nov 2024

Certificate in First Aid and Cardiopulmonary resuscitation
| Sydney, NSW | Oct 2024

REFERENCES

- Elina Dangol
Mobile: 0431 419 582
[Email: elinaambroise@gmail.com](mailto:elinaambroise@gmail.com)
- Dr Megh Raj Shrestha
Former Employer
M 0406 066 631
Email: 0322456@gmail.com

EXPERIENCE

Care Worker

Home Caring | Sydney, NSW | Jan 2025 – Present

Vital Health Home Services | Sydney, NSW | Jan 2025 – Present

- Delivered person-centred care to clients in home environments, supporting independence and quality of life.
- Assisted with personal care, medication support, meal preparation, and mobility using equipment such as hoists and walkers.
- Built strong relationships with clients and families, showing compassion and respect for cultural and individual needs.
- Followed care plans and reported health changes to supervisors and allied health professionals.
- Maintained client safety through manual handling techniques and infection control practices.
- Supported clients with dementia and chronic conditions, promoting dignity and engagement.

CERTIFICATIONS (updated)

- Certificate III in Individual Support (Ageing and Disability) – Nov 2024
- NDIS Worker Screening Check – Cleared
- First Aid & CPR – Oct 2024
- Manual Handling – Completed