

Aashma Pokhrel

29/52-58 Parramatta RD Homebush

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CAREER OBJECTIVE

A self-motivated, enthusiastic student with previous experience in the care worker field which includes assistance for elderly people with huge levels of communication skills, interpersonal skills, and punctuality.

ACADEMIC QUALIFICATIONS

Diploma of Hospitality Management

(Sydney School of Business and Technology)

High School

Global College of Management, Nepal

2020 - Pass out year

PROFESSIONAL WORK EXPERIENCE**Aged care:**

Rhodes, NSW

RFB Concord, September 2022-October 2022

Duration: 1 and half month of experience

- Recently completed 120 hours of first placement with good feedback from managers and other supporting staff.
- Able to perform manual handling and proper use of the hoist while providing care.
- Can provide all the essential care to the residents.

As care workers, our primary responsibility is to provide assistance and support to our clients in order to help them maintain their independence and quality of life. Depending on the specific needs of your clients, your responsibilities may include

- Assisting with personal care: This may involve helping clients with activities such as bathing, dressing, grooming, and using the bathroom.
- Administering medication: If your clients require medication, you will need to ensure that they take it as prescribed.
- Providing companionship: This may involve engaging in activities with clients such as conversation, reading, watching television, or playing games.
- Assisting with household tasks: You may be responsible for helping your clients with tasks such as laundry, grocery shopping, and preparing meals.
- Coordinating healthcare: You may need to coordinate healthcare appointments and coordinate care with other healthcare professionals.
- Providing transportation: You may be responsible for driving your clients to appointments or other activities.

It is important to remember that each client is unique and may have different needs, so our daily activities as care workers will vary depending on the specific needs of our clients.

WORKED AS A CARE WORKER THROUGH AGENCY

Duration: 2 months experience (November to December)

Providing personal care and support to residents, including assistance with activities of daily living such as bathing, dressing, and toileting.

Helping with medication management and reminding residents to take their medications as prescribed.

Providing companionship and socialization to residents, including participating in activities and engaging in conversation.

Performing light housekeeping tasks, such as cleaning residents' rooms and common areas.

Preparing meals and assisting with feeding residents as needed.

Assisting with transportation to appointments or errands.

Working as part of a team and collaborating with other care staff and healthcare professionals.

Maintaining confidentiality and respecting the privacy of residents.

Providing a safe and supportive environment for residents.

Maintaining accurate documentation and record-keeping.

SKILLS

- High level of communication skill
- Ability to work with the team as well as independently.
- Hard working, Punctual, and Self-assured.
- Well time management and multitasking.
- Ability to build positive relationships with people around.
- Ability to persuade people and remain calm.
- Awareness of hazards and alertness to danger.

Reference:

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