

### PROFESSIONAL SUMMARY

Compassionate and dedicated support worker with experience in providing high-quality care and assistance to elderly clients in aged care settings. Skilled in personal care, mobility assistance, and maintaining a clean and organized environment. Adept at fostering a supportive and safe atmosphere to enhance the well-being of residents. Strong teamwork, communication, and leadership skills, with a commitment to upholding health and safety standards.

### PROFESSIONAL SKILLS

- Assisting with personal care tasks (hygiene, dressing, grooming)
- Knowledge of health and safety, infection control, and first aid
- Administering medications and monitoring health needs
- Strong communication and interpersonal skills
- Time management and task prioritization
- Problem-solving and emergency response skills
- Understanding dementia and age-related conditions
- Cultural awareness and respect for diversity

### TRAININGS & CERTIFICATIONS

- First Aid Training
- CPR Training
- Manual Handling
- Police Certificate
- First Aid and CPR Certificate
- Certificate III in Individual Support (Ageing and Disability)
- Hand Hygiene and Hand Dermatitis Online Learning Module
- Basics of infection prevention and control in aged care

### PLACEMENT

**Alkira Gardens**, 2 Animbo St, Miranda NSW 2228

- Provided daily assistance with bathing, grooming, toileting, and meals for elderly clients.
- Maintained a clean and organized living environment, including cleaning and laundry.
- Assisted clients with mobility, transfers, and positioning, ensuring comfort and safety.
- Foster a compassionate and supportive environment for residents, ensuring their comfort and well-being.
- Maintain a clean and safe environment, adhering to health and safety regulations.

### PERSONAL ATTRIBUTES

- Empathy and compassion toward elderly individuals
- Patience and calmness in challenging situations
- Respect and dignity for all individuals in care
- Strong communication and interpersonal skills
- Reliability and consistency in delivering care
- Adaptability and resilience in dynamic environments
- Teamwork and collaboration with colleagues
- Attention to detail in observing and following care plans

### AVAILABILITY

Anytime including weekends and holidays  
48 hours fortnightly

### REFERENCES

- Alisha KC: 0416344478, alishakc1234567@gmail.com
- Ambika Ghale Gurung: 0434394492, ambikag747@gmail.com