

Lara Marie Theobald

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EXPERIENCE

Aged Care Worker

Kuurs Hoff Hollensetdt - Hollenstedt, Hamburg, Germany
[Apr 2019 - Mar 2022]

- Helped clients with bathing, dressing and grooming to avoid skin breakdown and infections.
- Maintained case notes to document resident progress and condition.
- Assisted clients with moving in and out of beds, baths, wheelchairs, and automobiles.
- Promoted independence to help clients accomplish basic daily living skills.
- Provided companionship throughout the day, engaging clients in conversation and activities.
- Maintained a safe and clean patient environment
- Followed agency policy and procedures in administering care to clients.

Customer Service Attendant

Shell Petrol Station - Sittensen, Niedersachsen, Germany
[Aug 2018 - Apr 2019]

- Provided excellent customer service by greeting and assisting customers with their fuel and retail needs
- Operated cash registers and handled cash transactions accurately.
- Maintained a clean and organised store, including restocking shelves and ensuring product availability.
- Conducted regular inventory checks to monitor and manage stock levels.
- Collaborated with team members to meet shift goals and ensure smooth operations.
- Maintained knowledge of company policies, products, and services to provide accurate information to customers.

Dental Assistant

MVZ am Meyerhof - Scheessel, Niedersachsen
[Aug 2017 - Jul 2018]

- Transferred, retracted and prepared instruments for dental procedures.
- Prepared and sterilised dental equipment before procedures.
- Followed radiation exposure precautions during scans to protect patients from harm.
- Provided chair-side assistance during periodontal, preventive and operative dental procedures.
- Booked appointments and tracked check-ups for assigned patients.
- Documented observations and interventions in the permanent record of each patient.

PREVIOUS ROLE

Disability Support Worker

Sapphire Beach Homestay - Sapphire Beach, NSW
[Nov 2022 - Jun 2023]

- Providing personal care and assistance with daily activities.
- Supporting individuals in developing independent living skills.
- Implementing individualised care plans and goals.
- Assisting with medication administration and health monitoring.
- Facilitating community participation and social outings.
- Providing emotional support and advocacy.
- Documenting progress and incidents.
- Collaborating with healthcare professionals.
- Ensuring a safe environment.
- Continuous professional development.

EDUCATION

- **Certificate IV in Business - English in Paradise**
 - Location: Gold Coast, QLD, Australia
 - Dates: [Jun 2022 - Dec 2022]
- **High School Graduation Certificate**
 - School: KGS Sittensen
 - Location: Sittensen, Niedersachsen, Germany
 - Graduation Date: [Jun 2016]

SKILLS

- German [First Language]
- English [Second Language]
- Time Management
- Organisational Skills
- Relationship Building
- Problem Solving
- Good Verbal and Written Communication
- Service Oriented
- Attention to Detail

ADDITIONAL INFORMATION:

Relocated to Sydney and actively seeking employment opportunities.

REFERENCES:

Available upon request.