

# SANJAY KHADKA

## ASSISTANT IN NURSING

### CONTACT



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Unit2603, 62-72 Queens Street Auburn  
NSW 2144

### SKILLS

Communication skill

Problem solving skill

Team work

Time management skill

### CERTIFICATE AND TRAINING

- Certificate III in Individual support -2023
- First Aid Certificate-2023
- Manual Handling Training- 2023
- Current Australian Police Clearance Certificate- 2023
- Working With Children Check (WWCC)-2023

### LANGUAGES

Nepali

English

Hindi

### PROFILE

I am an energetic and motivated individual who is passionate about improving people's lives and making sure that every person under my supervision receives the highest level of care and attention. I am comfortable to work and deal with older people, people with physical or learning disabilities and their families and carers. I am currently looking for the challenging yet rewarding role as a support worker for differently able person that will offer me the opportunity to enjoy a rewarding career as part of friendly and supportive team.

### PERSONAL CARE EXPERIENCES

4A Cavell Ave, Rhodes NSW 2138

- 13th February 2023– 3rd March 2023
- 120 hours of work placement in RFBI Concord Community Village / Concord Community Hostel, NSW
- •Been working with Empowering Disability Partners as a support worker for differently able person since past 3 months .

### Duties

- Responsible for undertaking personal care duties as required to residents including toileting, washing/showering, grooming, shaving, feeding, serving meals, dressing/undressing, manual handling, transferring etc.
- Supporting residents in a way that maintains confidentiality, dignity, and privacy
- Promoting independent living to residents
- Providing emotional support to the residents
- Keeping resident's rooms organized, tidy and well stocked
- Safeguard a resident's property and belongings

### Overseas Experience

Jan 2020- April 2021

- More than one year work experience as a personal health career at old age home called 'Ashram' in my home country.

### PROFESSIONAL SKILLS AND COMPETENCIES

- Physically fit and able to lift and move care residents adequately
- Knowledge of using manual handling procedures and lifting equipment to help with a resident's mobility
- Good hygiene skills (e.g. food handling, hand washing etc.)
- Ability to work within a team as well as on own initiative
- Can manage priorities under pressure
- Fully aware and respectful of a residents' rights, as well as their religious and cultural beliefs
- Able to communicate with residents properly
- Ability to work with health and safety guidelines
- Can remain calm in difficult situations and support others at the same time.

### AVAILABILITY

- 7 days a week (Dependent of master student).