

GAURI UPRETI

Email: gauriupreti842@gmail.com | Phone: 0412435571 | Location: Blacktown, NSW 2148

Professional Summary

Dedicated and compassionate aged care worker with hands-on experience and a strong academic foundation in community service and aged care nursing. Skilled in providing physical, emotional, and social support to residents, ensuring their safety, dignity, and well-being. Known for maintaining accurate health records, building strong rapport with clients, and working effectively within team environments. Committed to delivering high-quality, person-centered care.

Skills

- First Aid/CPR
- Planning & Organizing
- Critical Thinking
- Supervision & Leadership
- Active Listening
- Team Building
- PPE Use
- Friendly, Positive Attitude
- Reliable & Trustworthy
- Flexible Schedule
- Strong Work Ethic
- Customer Service
- Computer Literacy

Work Experience

Support & Advisory Group Australia – Support Worker

Sefton, NSW | Nov 2023 – Present

- Maintained accurate records using computer systems and ensured data privacy
- Administered medication in line with organizational guidelines
- Supported clients with daily living skills, such as budgeting, cooking, and hygiene
- Participated in care plan reviews to optimize client outcomes
- Provided emotional and practical support to vulnerable individuals
- Handled incidents in accordance with policy, using de-escalation techniques
- Assisted with grooming, dressing, and personal hygiene
- Managed challenging behaviours with empathy and professionalism

Thompson Healthcare – Assistant in Nursing (AIN)

St Marys, NSW | Dec 2023 – Jul 2024

- Supported residents with personal care (showering, toileting, dressing, feeding)
- Delivered emotional, social, and physical support based on care plans
- Reported and documented changes in resident health
- Worked closely with RNs to ensure optimal care delivery
- Followed correct manual handling procedures during transfers
- Built strong resident relationships through clear and compassionate communication
- Completed all assigned duties with diligence and professionalism

Agency Contract Care – Assistant in Nursing (AIN)

Various Locations | Ongoing

- Provided flexible and high-quality care to aged care facilities and hospitals on a contract basis
- Adapted quickly to new environments and procedures
- Delivered person-centered care including hygiene, mobility support, and companionship
- Maintained patient dignity and safety in accordance with agency and facility policies
- Completed shift documentation and reported client conditions to supervising staff

Education & Certifications

- Futuristics Training and Education Australia – CPR | Sydney
- Stotts College – Bachelor of Science: Community Service | Sydney | Completed: 10/2023
- Block Learning – Cert IV in Ageing Support | Sydney | Completed: 10/2023

References

Renju Baral (Registered Nurse)

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Anisha Poudel (Registered Nurse)

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