

# *RESUME of RIDHIMA KARKI*

**karkiridhima58@gmail.com**

**0430005826**

**INGLEBURN, NSW, 2565**

## **PROFESSIONAL SUMMARY**

Dedicated and compassionate professional with a strong commitment to enhancing the lives of individuals in the age care sector. Proven track record of providing exceptional support and care to clients, fostering an environment of respect, dignity, and empowerment. Possess a deep understanding of the unique challenges and needs within this sector, coupled with excellent communication and interpersonal skills to establish meaningful connections with clients, their families, and multidisciplinary teams. Strong organizational abilities, paired with a solution-oriented mindset, enable effective problem-solving and efficient service delivery. Continuously seeking opportunities to learn and grow, while maintaining the highest standards of integrity and ethical conduct. Aiming to contribute my expertise and genuine passion for improving the quality of life for those in need within the age care community.

## **Skills**

- **Patient-Centered Care:** Demonstrated ability to provide compassionate and person-centered care tailored to the individual needs and preferences of elderly clients.
- **Personal Care Assistance:** Proficient in assisting with activities of daily living (ADLs) including bathing, grooming, dressing, toileting, and mobility support.

- **Communication:** Effective verbal and written communication skills for clear interaction with clients, families, and healthcare professionals to ensure seamless care coordination.
- **Empathy and Compassion:** A genuine understanding of the challenges faced by elderly individuals, coupled with a caring and empathetic approach to provide emotional support.
- **Safety Protocols:** Thorough knowledge of safety measures and protocols to create a secure and hazard-free environment, preventing accidents and injuries.
- **Cognitive Support:** Experience in providing cognitive support, engaging in meaningful activities, and maintaining mental stimulation for clients with cognitive impairments.
- **Health Monitoring:** Proficient in monitoring and recording vital signs, recognizing any changes in health status, and promptly reporting concerns to appropriate personnel.
- **Mobility Assistance:** Competent in assisting clients with mobility aids, transfers, and exercises to promote physical well-being and prevent muscle atrophy.

## **WORK HISTORY**

Caregiver  
*XYZ Elderly Care*  
*Center,*  
*Kathmandu,*  
*Nepal*

*March 2020*

- Provide compassionate and attentive care to elderly residents, addressing their physical and emotional needs.
- Assist with daily activities, including bathing, grooming, dressing, and medication administration.
- Collaborate with a multidisciplinary team to create and implement personalized care plans.
- Foster a positive and inclusive environment, engaging residents in social and recreational activities.

Support Worker  
*ABC Disability*  
*Services, Pokhara,*  
*Nepal*

*August 2021 - February 2022*

- Supported individuals with disabilities in achieving their goals and enhancing their independence.
- Assisted clients in daily tasks, such as meal preparation, hygiene routines, and mobility support.
- Developed and implemented individualized care plans, collaborating with clients, families, and case managers.
- Facilitated community integration and participation by organizing outings and social activities.

### **Qualification And Certification**

- 1.Certificate III in Individual Support (Ageing)
- 2.First Aid Certification
- 3.CPR and AED Certification
- 4.Manual Handling and Safe Lifting Certification
- 5.Valid Police Check Certificate
- 6.Current Working with Children Check

### **Availability**

- **Start Date:** [Ready to Start Immediately]
- **Days Available:** mon-fri

- **Hours Available:** [7-8 hours per day]