

# Susmita Shrestha

Dedicated and compassionate aged care worker with a deep commitment to enhancing the quality of life for elderly individuals. Seeking a rewarding position where I can leverage my empathetic approach, strong communication skills, and hands-on experience to provide exceptional care and support to seniors. Eager to contribute my skills in creating a positive and nurturing environment that promotes independence, dignity, and overall well-being for the elderly residents under my care.

## Contact



+61 451677042



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Unit 20, 32 Luxford Road, Mount  
Druitt, 2770, NSW, Australia

## Education

### **Certificate IV in Age Care Support**

Advance College, Burwood

2023

### **Bachelor in Business Administration**

Tribhuvan University, Nepal

2013

## Skills

- Effective verbal and written communication.
- Understanding and responding to the emotional needs of the elderly.
- Capable of assisting with mobility, transfers, and personal care.
- Collaborative approach with healthcare professionals and support staff.
- Efficient management of schedules and daily activities.
- Understanding physical, mental, and emotional changes with aging.
- Certification in basic first aid.
- Manual Handling and Medication.

## Experience

- 120 hours aged care placement at  
**Quakers Hill Care Community**
  - Assisting RN with medication.
  - Help team members with changing bed sheets and cleaning utensils.
  - Manual handling using top chair.
  - Showering and cleaning the resident.
  - Check blood pressure, temperature, sugar level.
  - Meal serving and helping resident to their respective table and dining rooms, offering them a choice of meal
  - Developing care plans
  - Taking residents in short walk or outing.

## Reference

- **Roshani Rayamajhi**  
*Register Nurse, Quakers Hill Care Community*  
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