

Astha Singh



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10-14 Burford St. Merryland, NSW
2160

PROFILE

Dedicated aged care professional with a passion for improving the quality of life for elderly clients through compassionate, individualized support. Skilled in fostering safe environments, managing daily living activities, and collaborating with healthcare teams to deliver holistic care. Combines multicultural communication skills with hands-on experience in dementia support, mobility assistance, and emotional care. Committed to upholding dignity and respect for clients from diverse backgrounds.

CORE SKILLS

- Experienced in delivering tailored, client-focused care through collaborative efforts with multidisciplinary healthcare teams.
- Skilled in using Microsoft Office Suite for precise documentation, care strategy development, and streamlined communication.
- Strong communicator with proven teamwork, problem-solving, and empathetic client education abilities to address diverse needs.
- Adept at managing high-pressure scenarios, organizing priorities, and making timely decisions to uphold client safety and well-being.
- Proficient in dementia care, utilizing validation techniques and redirection strategies to manage behavioural challenges.
- Knowledgeable in medication administration, adherence monitoring, and recognizing adverse reactions.
- Experienced in personal care support, including bathing, dressing, grooming, and mobility assistance.
- Trained in infection control, manual handling, and fall prevention to ensure a safe care environment.
- Culturally sensitive with fluency in English, Nepali, and Hindi, fostering trust in multicultural settings.
- Committed to continuous learning in aged care best practices, NDIS standards, and ethical caregiving.

PROFESSIONAL EXPERIENCE

Thompson Healthcare, Sydney NSW

Sept. 2024- Jan 2025

Care giver (Part-time)

Role:

- Helped clients start their day with confidence, assisting with personal care, gentle exercises, and medication reminders.
- Worked under the RNs and therapists to implement care strategies for clients with disabilities, chronic pain, and cognitive decline.
- Supported clients by creating a calm, supportive environment—whether it was through conversation, mobility aids, or creative problem-solving.
- Maintained detailed daily records of client health updates, behavioural changes, and incident reports for care continuity.
- Built trusting relationships with families by sharing regular updates and listening to their concerns.

Thompson Healthcare, Sydney NSW

Aug. 2024- Sept 2024

Work Placement (120 hours)

Role:

- Completed 120 hours of work placement
- Learned firsthand from experienced nurses how to care for clients with dementia and mobility challenges, focusing on patience and empathy.
- Made mealtimes enjoyable by assisting with feeding and ensuring dietary needs were met.
- Became a comforting presence for residents during tough moments, offering a listening ear or a steady hand.
- Supported physiotherapy sessions by guiding clients through prescribed exercises and tracking progress.
- Enhanced mealtime experiences by accommodating dietary restrictions and encouraging social interaction.

Lola Cocina Spanish Restaurant, Parramatta Sydney NSW

Mar. 2024 - Present

Café All-rounder

Role:

- Skilled in food preparation, including crafting specialty dishes and beverages with attention to presentation.
- Streamlined morning rushes by multitasking between coffee orders, customer service, and restocking supplies.
- Maintained a 5-star hygiene rating through consistent cleaning and adherence to safety protocols.
- Built customer loyalty by resolving complaints promptly and remembering regulars' favourite orders.

EDUCATION

- **Bachelor of Social Science | University of Newcastle**
Completion Date: July 2027
- **Certificate IV in Individual Support (Ageing) | Encourage Training College**
Completion: 12th Sept. 2024

CERTIFICATION

- CPR & First AID
- Certificate IV in Individual Support (Ageing)
- Manual Handling
- National Disability Insurance Scheme
- National Police check

Reference 1

Thompson Healthcare

Asmita Khanal – Registered Nurse

Phone: 0420351300

Reference 2

Lola Cocina Spanish Restaurant

Ramesh Singh Thakuri – Owner

Phone: 0430891306

Email: parramatta@lolacocina.com.au