Mon Bista

 Kallangur, QLD 4503

Email: monbista96@gmail.com

Phone: 0470234213

**SUMMARY**

Experienced and compassionate Support Worker skilled in comprehensive patient care. Manages appointments, medication, bathing, and grooming, ensuring tidy environments. Expert in individual disability support with a passion for high-quality care. Skilled in developing personalized care plans, collaborating with teams, and fostering positive client relationships. Proven ability to adapt, prioritize, and create a calm and supportive environment. Seeking to make a positive impact in clients' lives.

**SKILLS**

• Peg feeding

• Ability to implement suppositories for constipation

• Bowel care

• Personal care and hygiene, domestic duties

• Ensure clients are washed, dressed, meal preparation, shopping, and ready for educational and recreational activities

 • Moving around the home, manual handling, using mobility equipment • Attending appointments and getting out and about in the local community

 • Outstanding interpersonal, communication, and resilience skills

• Able to cope with the physical and mental demands of the job

• Ability to use technological skills such as Microsoft Office

 • A strong sense of professional boundaries

• Implementing care programs for those in residential establishments

• Provide companionship and support during daily activities

• Assist people with self-medication

• Patient, flexible, and understanding

• Supportive and caring nature

• Able to accept responsibility

**Education**

* Bachelor of Nursing Science, Queensland University of Technology (Running)
* Certificate III in individual support (Red Cross Society 2016)
* Attended 120 hrs. placement at Regis, Sandgate

**Experiences**

Regis Age Care (2017-2022)

Assisted with bathing, grooming, and daily activities. Developed strong relationships with residents and their families, ensuring their physical and emotional well-being.

St Vincent Care Services (2020-2023)

Collaborated with multidisciplinary teams to ensure the well-being of residents. Demonstrated adaptability, and prioritization skills, and maintained a calm and supportive environment.

Fina (2022-2023)

Dedicated Disability Support Worker providing comprehensive care to elderly residents. Managed appointments, and medication, and maintained a tidy environment.

**CERTIFICATIONS**

* FIRST AID AND CPR
* YELLOW CARD
* CURRENT POLICE REPORT
* NDIS WORKER ORIENTATION MODULE
* Medication Administration

**REFEREES:**

 **Pooja Nepali Registered Nurse**

 Sandgate

Phone: 0426188126

Email: nepalipooja12@gmail.com

**Manisha Sigdel Registered Nurse**

 Sandgate

Phone: 0424601591

Email: manisha.sigdel@svha.org.au