

Sushil Poudel

Narangba, QLD 4504

E-mail: Sushilpoudel242@gmail.com

0420356940

Profile summary

An energetic person having wide skills and keen interest in health care service with experience. My preference is to work in a global context, where my potential can be realized. My ultimate goal is to maintain high-quality standards and problem-solving skills. I am able to work on own initiative and as part of a team.

Personal Attribute

- Assist people to meet the daily living needs including nourishment, personal hygiene and other support within the plan of care.
- Support and assist in the provision of a clean, comfortable, safe and secure environment.
- Provide services to people to achieve maximum independence by meeting daily living and personal needs within the plan of care, with consideration of a holistic approach and client preferences.
- Perform work in a legal and ethical framework, which supports the rights and interests of clients following appropriate reporting mechanisms to meet duty of care requirements.
- Provide support and assistance to maintain quality care including participation in workgroups or committees as required.
- Carry out all work according to guidelines, the plan of care and as directed by supervisor.

Demonstrate Skill

- Responsible, supportive, empathetic, caring, sensitive and Flexible.
- Competent in basic care and good communication skills.
- Able to work with people from a variety of backgrounds and cultures.

- Good with time-management, patient, punctual and able to follow instructions.
- Physically fit and able to perform domestic duties efficiently.
- A sense of humor, Knowledgeable of hygiene and safety procedures

Experiences

2024 Feb – 2024 Jun

Support Worker

One care limited The Manor, Kings Meadows Tas

Duties and Responsibilities:

- Actively support people with a disability (intellectual, learning physical, multiple disabilities or acquired brain injury (ABI) or maturity disabilities, Mental Health condition , Autism , Asperger's syndrome , Vision/ Hearing Disabilities) to achieve their maximum potential and the lifestyle they choose, within their community, by providing person centred support services in residences, respite services, day programs and in community settings.
- Actively support elderly individual to achieve their maximum potential and the lifestyle they choose within their community, by providing person centred support service in residence, respite service, day programs and community settings.
- Perform tasks related to client's personal hygiene and ADL's.
- Carry out designated duties as per the service duty roaster, and other reasonable duties as directed by supervisor.
- Assists clients in meeting their personal care needs such as toileting, showering/bathing, grooming/dressing, Preparing meals, Meals assisting and additional support where required.
- Assist with client's physical and mobility requirements with the relevant workplace health and safety standard.
- Assist with individual client's as required such as shopping for and with clients, personal administration, banking and paying bills, washing and ironing of personal clothes, general cleaning on bathing areas and appliances.
- Administer medication as per Current list of Medication.
- Performing household duties and ensuring the house is clean and tidy.
- Transport the clients to their doctor appointments and other as required.
- Carry out and promote positive routines/duties/activities in a cooperative respectful and flexible manner.
- Encourage positive and socially appropriate behaviour, and effectively manage challenging behaviour.
- Respond to crisis within specified guidelines.
- Be involved in on the job training when required.

- Respect the personal preferences of clients in meeting their needs and encourage the growth and development of individual clients.
- Provide Physical support by using specific manual handling techniques outlined in client's manual handling profile.
- Ensure individual clients personal needs are met with ongoing follow through with the client advocate or family.
- Ensure medication procedure is understood and fully implemented and that an adequate supply of medication is maintained.
- Help and create to maintain homely environment.
- Support and enhance individual clients with on-site and off-site recreation, social and development opportunities.
- Assists clients to and from their day placements, community based activities and appointments.
- Encourage clients to speak for themselves and allow adequate for this to occur.
- Participate in the individual personal centred needs planning process as required.
- Maintain current knowledge and understanding of the relevant organisational and Department policies, procedure and guidelines

2015 Sep -2024 june

Team member
Woolworths, kings meadows Tas

RESPONSIBILITIES AND MY WORK EXPERIENCE

- doing customer service and taking phone calls
- managing staff
- closing the department
- Helping customer to find the product and maintain relation with customer.
- Maintained productive, efficient approach to all tasks.
- Created appealing displays for routine arrangements and special promotions.
- Removed debris and trash and swept up metal parts following, each shift to keep work areas clean and organized.
- Broke down boxes and cartons, disposing of refuse in proper cardboard receptacles.
- Contributed to team success by completing jobs quickly and accurately.
- Pursued learning opportunities to advance knowledge and take on leadership position.
- Optimized safety and productivity by regularly cleaning and organizing work zones.
- Developed strong relationships with co-workers and managers.
- Successfully communicated with all team members to navigate job duties and complete daily tasks. •Operated all cooking machinery safely to reduce workplace

Educational Qualification

Cert III in Individual Support (Ageing plus disability)

Cert II in security Training

Diploma of Accounting

Trainings and Seminars

- Certificate III in Age Care
- First Aid Training
- Manual Handling
- ACFI Training
- Security Training
- Microsoft Office Suite
- Flu Vaccination

References

NAME	Company	Contact Details	Position
Jiten Karki	Woolworths	0449691526	Manager
Srijan Kharel	One care	0416399860	Leasure and health coordinator