



# Uttam Dhakal

## CONTACT

- 📞 0466934399
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- 🏠 33 De-laine Avenue, Edwardstown

## PROFILE

Dedicated and compassionate Personal Carer with a proven track record of providing exceptional care for elderly individuals. Highly skilled in delivering personalized care and support to residents, promoting their well-being and quality of life. Seeking to leverage my extensive experience, strong communication skills, and genuine empathy to make a meaningful impact within the Aged care

## EDUCATION & CERTIFICATE

- Current Police Check
- Hand Hygiene Certificates
- Certificate III in Individual Support Ageing & Disability
- First Aid & CPR Certificate
- Manual Handling Certificate
- NDIS and DCSI Certificate
- Flu & Covid-19 vaccine

## AVAILABILITY

- *Flexible availability for Mornings, Afternoons, or Night shifts.*
- *Available to work on weekends, public holidays, and short notice*

## SKILLS

- Active Listening
- Critical Thinking
- Problem-solving
- Time Management
- Empathy and Compassion
- Verbal and Written Communication
- Mobility Assistance

## WORK EXPERIENCE

**Personal Carer (AIN) - Bupa Aged Care Morphettville**  
29-31 Austral Terrace, Morphettville SA 5043  
July 2022 - Present

- Ensured residents' comfort and safety by assisting with daily living activities.
- Provided personalized meal preparation and feeding assistance.
- Assisted with personal grooming, bathing, and hygiene needs.
- Monitored vital signs and health status, promptly reporting any concerns to the nursing team.
- Developed strong rapport with residents and their families to understand their individual needs.
- Maintained accurate documentation and records of care provided.

**Personal Carer (AIN) - YNA [YOUR NURSING AGENCY]**  
1/629 Lower North East Rd, Campbelltown SA 5074 August  
2022 - Present

- Provided attentive and compassionate care, ensuring residents' physical and emotional well-being.
- Maintained a clean and organized living environment for residents, promoting their comfort.
- Communicated effectively with residents, families, and healthcare professionals.
- Assisted in implementing care plans and monitored residents' progress.
- Supported residents with mobility and transfers, ensuring their safety at all times.

## REFERENCES

1. Aruna Maharjan
  - Phone: 0406449775
  - Email: arunamaharjan657@gmail.com
  - Registered Nurse at Bupa Aged Care Morphettville
2. Bandana Subha
  - Phone: 0416137135
  - Email: bandhanasubha0009@gmail.com
  - Registered Nurse at Bupa Aged Care Morphettville
3. Namrata Silwal
  - Phone: 0451569209
  - Email: regminamrata49@gmail.com
  - Registered Nurse at Central Adelaide Local Health Network