

Ramesh Khadka

+61 0452298326 | ramesh2002khadka@gmail.com | Newcastle, Australia | LinkedIn: <https://www.linkedin.com/in/khadkaramesh/>

PROFESSIONAL SUMMARY

Compassionate and dependable **Disability Support Worker** with experience in aged care, community assistance, and volunteering. Currently completing placement at **Bupa Aged Care, Waratah (Newcastle)**. Skilled in personal and emotional support, manual handling, and maintaining dignity and inclusion for people with disabilities and the elderly. Brings a strong background in teamwork, communication and cultural understanding developed through community volunteering in Nepal and customer-facing roles in Australia.

Key Skills

- **Strong believer in work ethics with professionalism and dedication.**
- **Good communication skills both verbal and written.**
- **Deep understanding of Work Health and Safety in workplace.**
- **Person-Centred & Empathetic Support**
- **Personal Care & Daily Living Assistance**
- **Manual Handling & Infection Control**
- **Behavioural & Emotional Support**
- **Documentation & NDIS Record Keeping**
- **WHS & Risk Awareness**
- **Cultural Sensitivity & Inclusion**
- **Time Management & Reliability**
- **Teamwork & Clear Communication**
- **Dementia & Palliative Care Support**

Professional Experience

Aged Care Placement

Bupa Aged Care – Waratah, Newcastle NSW

October 2025

- Provide **personal care** including showering, toileting, grooming, and dressing while maintaining privacy and dignity.
- Assist with **feeding and hydration**, ensuring comfort and nutritional needs are met.
- Support residents with **mobility and transfers** using hoists and other equipment under manual-handling safety procedures.
- Offer **emotional and social companionship** to residents, particularly those with dementia and palliative needs.
- Observe and report changes in physical or emotional wellbeing to nursing staff promptly.
- Participate in **care documentation**, follow individual care plans, and maintain infection-control standards.
- Facilitate **recreational and lifestyle activities** that promote engagement and independence.
- Collaborate with RNs, carers, and allied health teams to provide holistic resident care.

Community Volunteer (Disability & Elderly Support)

Helping Hands Nepal – Kathmandu, Nepal

Jan 2020 – Nov 2021

- Supported individuals with **physical and intellectual disabilities** in daily routines, hygiene, and mobility tasks.
- Conducted **home visits** to elderly and disabled residents, delivering food, hygiene packs, and companionship.
- Organised **disability awareness programs** and inclusion events within local communities.
- Assisted in **medical and rehabilitation camps**, helping coordinate check-ups and patient assistance.
- Delivered **educational workshops** for disadvantaged youth and women to promote social participation.
- Worked with NGOs to improve accessibility and equality for people with disabilities.
- Participated in **environmental and public-health programs**, including community clean-up drives.

Detailing Checker (Contract)

Tesla – Sydney NSW |

Aug 2022 – Apr 2024

- Inspected over 100 vehicles daily to ensure quality and presentation standards.
- Collaborated with technicians and customer support to resolve concerns promptly.
- Improved customer satisfaction through clear communication and accountability.

Customer Service Assistant

Greek Kebab Shop – Sydney NSW

Casual, 6 Months

- Provided fast, friendly service while maintaining hygiene and safety standards.
- Handled customer transactions and orders efficiently under pressure.
- Demonstrated teamwork and strong interpersonal skills in a busy environment.

Bartender and Cellar

Merivale – Sydney NSW

Feb 2020 – Apr 2022

- Delivered outstanding service to 300+ guests daily, resulting in a 25% increase in positive online reviews.
- Resolved 95% of customer complaints on the spot, ensuring high customer satisfaction and reducing escalation to management.
- Maintained cleanliness and organization of the bar and cellar areas, ensuring adherence to health and safety regulations.
- Handled cash, processed payments through digital POS systems and provided receipts with accuracy, maintaining a strong attention to detail.

Education

Certificate III in Individual Support (Ageing & Disability)

AUSTRALIAN INSTITUTE OF BUSINESS AND TECHNOLOGY PTY. LTD. – Sydney | 2025- 2025

Bachelor of Information Communications & Technology

Gateway Business College, Sydney | 2022 – 2025

Computer Science (Intermediate)

SANN International College, Kathmandu, Nepal | 2018 – 2020

Certifications

- HLTAID011 Provide First Aid & CPR
- Manual Handling Certificate
- RSA (Responsible Service of Alcohol) & RCG
- Police Check Clearance
- Working With Children Check (WWCC)
- NDIS Worker Screening Check
- COVID-19 Vaccinated
- Certificate III in Individual Support (Ageing and Disability)

Languages

- English – Fluent
- Nepali – Native
- Hindi – Fluent

References

Available upon request