

Olesya Plaksina

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An adaptable, conscientious, enthusiastic, and self motivated with experience of implementing personal support plans which focus on the individuals welfare, needs, wants and interests. Having the ability to manage a challenging case load, while staying focused on giving a high standard of care to every client. Constantly maintaining and demonstrating a positive attitude towards clients, their families, staff, visitors, and others. I am keen to find a challenging position within a caring organisation where I will be able to continue to increase my work experience & develop my abilities.

Relevant Skills Summary

Punctual, reliable and able to use own initiative.

Experience of dealing with challenging behaviours.

Possessing a caring understanding attitude.

Being flexible in daily work & routines.

Have the energy and enthusiasm to carry out and complete projects.

Ability to undertake all levels of care including low, moderate and complex care.

Effective interpersonal skills including ability to encourage and motivate clients to do as much for themselves as possible.

Ability to prioritise work.

Knowledge of Occupational Safety and Health (including infection control).

Focus on quality of own work, including customer service style.

Ability to work alone or as part a team.

Demonstrated skills in personal care and housekeeping including food preparation.

Effective English literacy skills.

Understand and apply the Wellness Approach (HACC).

Understand the concept of early intervention and restorative care.

Awarded Employee of the month at Brightwater Onslow Garden Subiaco.

Mental Health First Aid Certificate.

Firs Aid Certificate.

Community Services Certificate III.

Community Services Certificate IV.

Certificate of Achievement Client Centred Care for Community Services.

Certificate of Attendance Mandatory Training.

Certificate of Attendance Adverse Behavioural Response Training.

National Police History Check report.

Certificate of Appreciation from the city of Subiaco.

RUAH Community Services Certificate of Appreciation.

Driver licence class C-A, good car.

Relevant Experience

21 September 2018 - till present, permanent part time

Brightwater Care Group

Multi Skilled Care Worker

Relevant Responsibilities:

Commence medication for residents. Report to RN any changes or incident happen. Working with multidisciplinary health care team to provide quality care for resident. Assist on daily hygiene /ADLs of residents. Work in High, Low and Dementia care sections as rostered. Take care of pressure care area of residents, provide quality care and respect their dignity, choice. Provide assistance and encourage residents on their mobility, physical activities and ADLs. Progress report writing, update residents behaviour, prepare for handover, complete ACFI and complete daily work charts & documentations. Follow safe manual handling, food fluid chart and maintain personal hygiene care.

Silver Chain

From 23 May 2018 - 19 September 2018, part time

Care Aide

Relevant Responsibilities:

Support clients to retain control of their own lives and build on their existing skills to improve or maintain overall function, health and wellbeing. Support clients only with the tasks that they are unable to do. Be responsive to the specific needs of people, eg dementia and disabilities; to ensure that appropriate care and support is delivered. Support clients with general housekeeping, bed making, laundry, limited shopping, sewing, assistance with correspondence, limited care of pets, plants, food preparation and basic first aid. Support clients with the following: transferring, skin care, toileting, hygiene, grooming, dressing and undressing, fitting and removal of appliances, mobility and exercise, fluid intake, feeding and preparation of meals, assisting with medication, respite, limited transport and basic home maintenance. Safely transport individuals on an as required basis, as approved by management.

City of the Subiaco Brightwater Care Group

From 9 October 2017 - till 21 September 2018, temporary part time position

22 August 2017 Casual position

Therapy Assistant

Relevant Responsibilities:

Under the direction of the Allied Health Professional, to assist residents/clients to participate in a variety of therapeutic and recreational programs. This includes effectively facilitating a variety of group programs, assisting in comfortable positioning and facilitating access. Ensure all care/rehabilitation practices are provided in a manner that promotes the personal values of the resident/client, and adhere to relevant Code of Ethics, legislation affecting professional practice and standards of practice. Provide feedback to the Allied Health Professional, on the resident/client progress, document observations to the required standard and discuss any suggestions for improvement. Communicate with residents/clients, relatives, colleagues and community in a professional manner that shows respect for individuals. Provide services in a responsible, cost effective manner with an awareness of the appropriate use of supplies.

City of the Subiaco March 2017 – June 2017 (Centre close)

Activity Officer

Relevant Responsibilities:

Assist with transportation of clients to and from Tom Dadour Community Centre and on outings. Assist clients accessing Tom Dadour Community Centre as required, which on occasion could include assistance with meal, personal care. Plan overall monthly activity program in consultation with Team Leader Centre Activities. Assist in development of innovative and appropriate activities that are related to the specific clients group. Assist in the maintenance of resource files for efficient management and scheduling of events/functions, including assessing appropriateness of outings for specific client groups. Organise and maintain adequate supplies for scheduled activities within budget. Support other staff and volunteers in delivering services to the clients under direction of the Team Leader Centre Activities supervisor.

Work Experience

2016 February – 2016 August

Volunteer at the city of the Subiaco at Tom Dadour Community Centre.

2016 December - 2017 June

Volunteer at the RUAH Community Services.

Other Organisation

2011 – 2014 Dubai

Real Estate Agent at Attraction Home Real Estate Buying & Selling Brokerage.

2007 – 2011

Fashion Advisor Style Avenue Dubai at Saks Fifth Avenue Dolce & Gabbana Boutique.

Referee

Alison Ramsden

Service manager at Brightwater Care Group city of Subiaco

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Rebecca Sojan

Occupation Therapist at Brightwater Care Group

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John Oakes

Therapy Assistant at Brightwater Care Group Subiaco

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Sean Simpson

Former manager at the city of Subiaco Tom Dadour Community Centre

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Camille Newman

Support worker at the city of Subiaco

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Matthew Nichols

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