



Aksa Lalu

Passport: U9724699 | **Date of birth:** 16/11/1999 | **Place of birth:** Pathanamthitta, India |

Nationality: Indian | **Sex:** Female | **Phone:** (+91) 6235388834 (Mobile) | **Email:**

aksalalu123@gmail.com |

Address: Greens villa, pathanamthitta District, koodal p.o, Gandhi Junction, 689693, Pathanamthitta, India (Home)

ABOUT MYSELF

Dedicated and compassionate Health Care Assistant with 1+ year of hands-on experience providing quality care in aged care and residential support settings. Skilled in vital signs monitoring, personal hygiene assistance, care documentation, and manual handling procedures including the use of hoists and mobility aids. Known for strong empathy, teamwork, and communication skills while maintaining the dignity, safety, and comfort of residents. Committed to delivering person-centered care and following health and safety protocols in residential-based environments.

EDUCATION AND TRAINING

Hamilton , New Zealand

DIPLOMA IN COMMUNITY HEALTH AND SUPPORT (LEVEL 7), 2024. NZSE

Level in EQF EQF level 7

Hamilton , New Zealand

CERTIFICATE FOR FIRST AID TRAINING INCLUDING AED, 2024. NZSE

Hamilton , New Zealand

HEALTH CARE FOUNDATION STUDIES , 2023. NZSE

Level in EQF EQF level 7

Thiruvalla , India

BACHELOR OF BIOTECHNOLOGY , 2021. St.Mary's College for Women

SKILLS

Patient Centered Care | Team Collaboration | Personal hygiene & Mobility Assistance | Clinical Documentation | Vital Signs Monitoring | Empathy & Compassion | Manual Handling (Sara Steady, Full Sling Hoists) | Good Communication & Multilingual Skills | Infection Control & Safety Procedures | Problem - Solving

WORK EXPERIENCE

 **BLESS RETIREMENT VILLAGE – KOCHI, INDIA**

NURSING ASSISTANT – 01/2025 – 05/2025

- Provide daily assistance to elderly residents, including those with disabilities, ensuring their safety, comfort, and wellbeing.
- Support residents with mobility , personal care and social activities.
- Maintain accurate records and documentation of care provided.

 **RADIUS CARE GLAISDALE – FLAGSTAFF , NEW ZEALAND**

VOLUNTEER HEALTH CARE ASSISTANT – 01/2024 – 03/2024

- Assisted with activities of daily living to improve patient quality of life.
- Served meals and assisted with self feeding or directly fed individuals.
- Communicated with patients to determine feelings, need for assistance or social and emotional support.

 **RADIUS CARE THORNLEIGH PARK** – NEW PLYMOUTH , NEW ZEALAND

HEALTH CARE ASSISTANT – 08/2023 – 01/2024

- Engaged with patients to answer or direct questions, providing empathetic and efficient support for a wide range of patients and families.
- Providing direct care for the residents with personal hygiene, feeding, mobility, recording food and fluid charts, documenting notes and performing catheter and stomach care.
- Support patients with hoists transfers, sara steady and other manual handling techniques.

 **LINDA JONES RETIREMENT VILLAGE** – FLAGSTAFF , NEW ZEALAND

CARE GIVER – 06/2023 – 08/2023

- Assisted patients with safe transfers, including from bed to wheel chair and vice versa, ensuring proper use of mobility aids such as walkers and hoists.
- Maintained patient records securely, ensuring optimal security and confidentiality across protected data.
- Delivered exceptional customer service for patients, providing support for phone and in- person communication.

 **DREAMZTREE TRAINING ACADEMY AND CONSULTANCY** – KONNI, INDIA

TRAINEE ACADEMIC COORDINATOR – 06/2024 – 07/2024

- Coordinated academic schedules and workshops for healthcare students.
- Delivered support and tutoring for academic development.
- Facilitating educational activities for students.

● **ACHIEVEMENTS**

Certificate for Diploma in Community Health and Support (Level 7) (NZQA) , New Zealand School of Education (NZSE), Hamilton .

Certificate for Working Arrangements (Employee).