



CONTACT

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SKILLS

Care

Personal care

Dementia care

Medication assistance

Manual handling

Palliative support

Documentation

Care plans

Progress notes

Incident reports

Interact / CareMaster

Cultural

Pasifika values

Te Whare Tapa Whā

Samoan & Tongan languages

CERTIFICATIONS

- First Aid & CPR (current)
- Medication competency
- Full NZ Class 1 Licence
- Police vetting — clear

Mele Tupou

Aged Care & Disability Support Worker

PROFILE

Compassionate support worker with 4 years in aged care and disability services. Skilled in personal care, dementia support, medication assistance and Enabling Good Lives-aligned person-centred planning for Pasifika and Māori clients.

EXPERIENCE

Senior Support Worker

Feb 2024 – Present

Ryman Healthcare, Auckland

- Support 12 residents with dementia and high care needs.
- Lead 5 caregivers per shift; coordinate with RNs on care plans.
- Completed 100% medication competency audits.
- Maintain zero falls on the unit for 4 consecutive months.

Disability Support Worker

Jan 2022 – Jan 2024

CCS Disability Action

- Provided community support for 8 clients under Individualised Funding.
- Assisted with daily living, transport and community participation.

EDUCATION

NZ Certificate in Health & Wellbeing (Level 4)

Careerforce, 2022

Right to work: NZ Resident — full work rights · **Availability:** Day, evening, night and weekend shifts · References available on request