

# BRONTE CROTHERS

## PERSONAL CARE ASSISTANT TRAINEESHIP WESTMONT AGED CARE

**Why did you choose to do a gap year traineeship?** I chose to do a gap year traineeship at Westmont Aged Care as I am extremely interested in nursing and have a passion and love for the elderly and helping people. I wanted some insight into what the nursing pathway would be like before I began studying and also an opportunity to earn some money for the future.

**What is your traineeship like?** Working at Westmont is really a dream come true, I never imagined being where I am now this time last year. It is such a great opportunity to talk and bond with the elderly residents and get some insight on the highlights and struggles of their life. On a day to day basis I will perform the basic personal care needs such as showering, shaving, dressing, feeding and grooming. I also receive the opportunity to take simple observations on residents such as temperature, blood pressure (BP), SaO<sub>2</sub>, heart rate and respiratory.

Another thing I have been involved in to give me insight into other job roles within the facility is activities and physiotherapy. In activities I am given the opportunity to spend time with residents in a different atmosphere and enjoy time with them doing things such as bingo, lawn bowls, art and craft and outside wheelchair strolls. While doing physiotherapy, I help the physios by taking residents to their appointments and entering their results onto the computer.

**What personal skills have you developed from your traineeship?** Throughout my traineeship so far I have developed basic organisation skills, having to get up so early in the morning it is so important to be organised and have everything ready for the next day. I have developed communication skills by having to communicate to nurses, co-workers, doctors, physios and family members on a daily basis.

**What have been some of the highlights from this year so far?** The highlights would be completing my Certificate III in Individual Support at Wodonga TAFE and being a fully qualified aged care worker. Also building important relationship with the residents that I will forever cherish.

