

ANUTA NEUPANE

0493311736

anutaneupane1@gmail.com

Compassionate companion caregiver with experience serving elderly and chronically ill patients ,including assisting with daily living activities and other tasks. Maintains high levels of empathy and respect for all patients,carers and staff. Eager to commence career .Provides compassionate ,effective client support ;experienced providing high -level care to clients with a range of conditions and psychosocial issues .Experienced working collaboratively with a wide range of people .Committed to working within legislation ,regulations and Australian codes of practices .Excellent time management skills,with proven ability to manage conflicting responsibilities .Works ethically and with integrity.

SKILLS

- First Aid certificate
- Activities of daily living
- Progress documentation
- Community integration
- Meal planning and preparation
- Medication administration
- Care plan adherence
- Errands and appointments

WORK HISTORY

Presbyterian Aged Care

Caregiver

October 2022 -December 2024

-Administers medications to residents according to physician orders ,documents completion and orders supply .

-Provides needed and requested assistance with activities of daily living and obtains vitals for over 25 residents daily.

-Answers resident call lights ,observes and reports resident behavior and condition changes to care coordinator .

-Prepared food tray ,assisted with eating and offered fluids frequently to maintain healthy hydration levels.

-Assisted residents with basic hygiene needs such as bathing ,brushing teeth

and grooming .

-Provided mobility assistance such as walking and regular exercising .

-Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels .

EDUCATION

Australian Harbour International College

Diploma in Community Services and Certificate IV in ageing support

Crown Institute of Higher Education

Bachelor in Community Services