

**Saroja BAN**

**Mailing Address: 120 Orion Road, Austral, NSW 2179**

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**Career Objective:**

I'm a caring and committed worker looking for a career in the aged care industry where I can put my knowledge and expertise to work providing great care and assistance to elderly people. Committed to enhancing the quality of life for elderly and promoting their independence and well-being.

**Certification:**

Certificate IV in age care

**Skills:**

- capable of giving personal care and assistance, including washing, dressing, grooming, and administering medicine.
- Excellent interpersonal and communication abilities that enable good connection with older people and their families.
- knowledgeable about managing everyday operations and preparing meals according to resident fluid chart.
- ability to keep an eye on and record older people's health and wellbeing, including vital signs.
- Strong problem-solving abilities to handle any difficulties that can occur while delivering care.
- Empathy and patience are necessary to comprehend and accommodate each person's unique requirements and preferences.
- The ability to operate both alone and cooperatively in a team situation.
- knowledge of appropriate lifting and transferring procedures to guarantee the security and comfort of elderly people.

**Experience:**

RSL Lifecare- John Edmondson VC Gardens, 130 Tenth Avenue, NSW Austral, 2179

Assistant in Nursing, 5<sup>th</sup> of June- currently working

- Assistance with daily living activities, such as dressing, grooming, and bathing, for elderly people.
- Monitored and recorded vital signs, such as temperature, pulse, and blood pressure.
- Ensured dietary needs and preferences were addressed by and helped with feeding.
- created an emotional, supportive and caring environment for the residents.

**Reference:**

Monika Sharma

Position: Registered Nurse at RSL Lifecare

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Rupa Lamichhane

Position: Registered Nurse

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