

# Anjila Tamang

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DOB -30/07/1997

## SUMMARY

Compassionate Caregiver with expertise in comforting and supporting senior citizens in residential settings. Empathetic to the needs of residents, responding respectfully. Skilled in memory care and in methods of communication for people suffering from dementia or requiring cognitive support. Devoted personal care professional skilled in fostering client health and convenience through assisting with daily activities and health needs. Driven to promote healthy habits to encourage client well-being by demonstrating healthy habits. Dedicated to applying emerging techniques to derive best possible outcomes.

## SKILLS

- Supportive Personality
- Filing and data archiving
- Health and dignity assurance
- Effective Communication
- Multitasking
- Fast Learner
- Mental Health Understanding
- Problem-Solving
- Disability Care
- Housekeeping tasks
- Reliability and punctuality

## EXPERIENCE

**Aged Care Worker**, Charingfield Aged Care Community, July 2024- Jan2025

- Prepared and picked up meals for patients to nutritional needs
- Offered mental and emotional support to patients
- Assisted clients with moving in and out of beds, baths, wheelchairs and automobiles
- Reported unusual incidents to supervisors for review
- Notified close family members of patient conditions and healthcare needs
- Assisted patients with housekeeping duties and chores
- Assisted clients with bathing and dressing to promote good personal hygiene and so on
- Maintained clean and well-organized environment for client happiness and safety.
- Assisted with meal planning to meet nutritional plans.

**Receptionist** – Trademark Education Consultancy ( Nepal, Dillibazar – 2020-2022 )

**Teacher** - Munal Academy ( 2018 -2020 )

## EDUCATION

Certificate III

Ageing / Disability, Australian Community And Management College.

Primary school - Munal Academy ( 2016 pass out )

Bachelor  
Bachelor of Business Administration , Supreme International College

PERSONAL ATTRIBUTES

- Honest
- Kind and caring
- Open minded
- Strong work ethics

REFERENCES

Nirjala Pandey( RN ) – 0422696638  
[nee2jala@gmail.com](mailto:nee2jala@gmail.com)  
Reshma Tamang( AIN) -0424746123  
[reshmarumba123@gmail.com](mailto:reshmarumba123@gmail.com)

LANGUAGES

- English, Bilingual or Proficient (C2)
- Nepali, Bilingual or Proficient (C2)
- Hindi, Advanced (C1)

LANGUAGES

English:

Full Professional

Nepali:

Native/ Bilingual