

APEKSHYA PRADHAN  
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### **CAPABILITY STATEMENT**

Well organised, friendly, outgoing, cheerful, attentive, responsible and willing to work long hours to get tasks completed, keen to learn new skills, confident working in a team environment or independently and have strong desire to serve the ill, disable and elderly.

### **OBJECTIVE**

Compassionate, service-oriented employee with the great knowledge of manual handling, advance technology and seeking for the challenging position in the field of aged care. Passionate about providing personalized care to patients, focusing on comfort, safety, and patient dignity.

### **PERSONAL EXPERIENCE**

#### **Heritage Botany Aged Care, Sydney (2019 to cont.)**

##### **Position: AIN (Assistant In Nursing)**

- Assist clients with personal care tasks, such as washing, dressing, eating and toileting.
- Assist in the safe lifting, transferring, repositioning and movement of clients.
- Observe, monitor and record client's physical and emotional well-being, and promptly. Report any changes to senior staff.
- Encourage clients to participate in social and recreational activities.
- Accompany clients to medical appointments.

### **SKILLS**

- Assist in daily living activities associated with resident's care under the supervision of the registered nurse.
- Ability to demonstrate and communicate with nurses, doctors, patient and families.
- Perform duties as specified by the ward in charge and the team leader.
- In-depth knowledge of the terminology, therapies and precautions.
- Knowledge of federal and state laws regarding patient.
- Ability to work under pressure and maintain confidentiality.

## **Sir Joseph Bank Resident Age Care, Sydney (2015 to 2019)**

### **Position: AIN (Assistant In Nursing)**

- Assisting residents with all personal care task
- Showering, toileting, shaving, dressing and feeding resident
- Making bed, doing laundry
- Always trying to keep them engaged in extra activities
- Listening to them and give emotional and physical support
- Preparing reports and documents for client progress

### **ACHIEVEMENTS**

- Learn to work with work plan and emergency procedures.
- Can support and assist resident with foods, fluids and assists with medication.
- Provide resident with showers, toileting, and clothing without assistance.
- Ability to complete tick sheet, Bowel record, fill out assessment, flow chart, and records behavior activity.
- Knowledge of storage, disposal and handling of wastes.
- Reporting accidents, bruise's and injuries to RN.
- Have the knowledge of protective gears and equipment.
- Can do all kinds of showers, sponge bath, tub shower, and proper cleaning of tubs etc.
- Able to work with slide sheet, general hoist, monkey ring, walk belt, stand up hoist etc.

### **Other skills**

Advanced skills on Microsoft Word, Excel and Powerpoint.

### **CERTIFICATIONS**

Certificate III in Individual Support and Disability

First aid, Manual handling and CPR training

### **REFERENCES**

Soni Giri

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Note: Certificates and other documents will be provided upon request.