

# ASHOK TAMANG

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## Professional Summary

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I am a compassionate and dedicated individual with a genuine passion for assisting the elderly. Possessing excellent communication skills, a strong work ethic, and a commitment to providing exceptional care. Skilled in adhering to safety protocols, remaining calm and patient, and treating all individuals with love and dignity. Eager to apply my knowledge and experience to contribute positively to the well-being of seniors in need.

## Education

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Information Technology Expected in 12/2024  
**Sydney International School of Technology** - Sydney, NSW

**Bachelor of Nursing** Expected in 12/2027  
**Australian Catholic University** - Sydney, NSW

**Certificate IV in Ageing Support** 04/2024  
**Australian Community and Management College**

## Other Certifications

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- First Aid and CPR
- Manual Handling

## Experiences

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### Completed 120 hours of Placement

#### Carino Care – Oatley

- Ensured confidentiality and privacy of residents while providing care
- Safely handled manual tasks, prioritizing quality care for residents
- Attended to residents' personal needs, including daily activities such as showering, grooming, and food handling, in alignment with their care plans
- Encouraged residents to engage in meaningful activities and provided necessary support
- Assisted residents with dementia and managed behavioural challenges effectively
- Implemented repositioning techniques and pressure area care, while monitoring changes in skin integrity
- Conducted regular checks for pressure injuries and skin issues, promptly addressing any concerns

### Volunteer

02/2022 - 10/2022

#### Himalaya Old Age Home – Kathmandu, Nepal

I have volunteered at a local senior centre in Kathmandu where I assisted with recreational activities and social events for seniors. This experience has given me a deeper understanding of the unique needs and challenges of seniors and has strengthened my commitment to providing compassionate care to them.

## Skills

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- Patience
- Empathy and compassion
- A positive and can-do attitude
- Health Monitoring
- Effective Communicative Skills

## References

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References available upon request.