

Kalpana Aryal

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An adaptable, analytical and diligent person with a practical hands-on approach,  
with a meticulous attention to detail.

**Assistant in Nursing**

## **PROFESSIONAL PROFILE**

Qualified, professional, and experienced care worker with a passion for improving quality of life for the aged people. Friendly, patient and a great communicator, I am experienced in various aspects of aged care, from general domestic duties to the implementation of comprehensive care plans. I am seeking a role with a quality service provider where I can continue to help people to reach their satisfaction and lead full lives.

## **KEY AREAS OF ABILITY**

1. Ability to work independently and be able to work as a of a supportive team environment.
2. Willingness to undergo training and be able to work within organization's philosophy of care that strongly supports each resident's choice and dignity.
3. A desire and passion for caring for aged people and desire to accept a level of responsibility,
4. The ability to be flexible and adapt to changing needs.
5. Traditional care and commitment to organizational targets
6. Rapport and relationship management with lasting focus
7. Enthusiastic, knowledge-hungry learner and committed to excellence in my work
8. Highly motivated self-starter who takes initiative with minimal supervision
9. Productive employee with solid work ethic who exerts optimal effort in successfully completing tasks

## **TRAININGS**

<b>Manual Handling</b>	<b>Jan 2021</b>
<b>Clover Lea Nursing Home ,Sydney</b>	

<b>Case Management</b>	<b>Jan 2021</b>
<b>Clover Lea Nursing Home ,Sydney</b>	

<b>Food Handling</b>	
<b>Clover Lea Nursing Home ,Sydney</b>	

<b>Infection Control and Hand Hygiene</b>	<b>Jan 2021</b>
<b>Clover Lea Nursing Home ,Sydney</b>	

<b>Dementia care Essentials</b>	<b>Jan 2021</b>
<b>Clover Lea Nursing Home ,Sydney</b>	

## **CERTIFICATIONS**

**Certificate III in Aged Care**

**Mar 2021**

## **PROFESSIONAL EXPERIENCE**

**Gallipoli Home care**

**AIN**

**4 weeks Acute placement**

**Hunter Hills**

**3 weeks Aged Care placement of 100 Hours**

**Hunter Hills**

### **Responsibilities:**

- Perform personal care work and support with domestic tasks including cleaning, cooking, feeding and bathing
- Assist with personal hygiene and toileting/continence management
- Assist with mobility and use ceiling hoist systems when required
- Implement behavior intervention and support programs
- Engage clients in community access activities
- Liaise and develop partnerships with community groups

### **Achievements:**

- Developed skills in listening, supporting and dealing with challenging behaviors
- Gained experience in risk assessment and management
- Gained strong communication and listening skills with culturally diverse residents

## **Skills and Competences**

- Able to work in group as a Team:
- Leadership:
- Motivating Others:
- Prioritize work as per need:
- Basic and Advanced Computer Skills and Problem Solving Skills

## **INTEREST**

- Working for the community and society
- Aged care, disability care and child care
- Roles with basic as well as advanced computer skills with administration roles

## **REFERENCE**

**Apekshya Sapkota**  
**0478750769**  
**Care Manager**

**Susmita Aryal**  
**0426212442**  
**AIN**

**Aarati Khadka**  
**0450719894**  
**RN**