

RESUME

Name: Manisha Sunar

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Objective:

Dedicated and compassionate aged care worker with Certificate III in Individual Support seeking a position as an AIN. Offering excellent interpersonal skills and a genuine passion for providing high-quality care to elderly individuals.

Trainings:

- First Aid Training
- CPR Training
- Manual Handling

Certificates:

- Police certificate

Personal Attributes:

- Problem-solving and multi-tasking skills.
- Strong work ethics, exceptionally reliable and hardworking.
- Excellent organisational, prioritisation, and time management skills.
- Good communication and interpersonal relationships.
- Ability to work well in a team.
- Independently with minimal supervision.

Professional skills:

- Compassionate and empathetic approach to caregiving.
- Proficient in providing personal care assistance, including bathing, dressing, and grooming.
- Ability to support individuals with mobility challenges, including using mobility aids and transferring techniques.
- Excellent communication skills of interacting with clients, their families, and healthcare professionals.
- Strong problem-solving abilities to address unexpected situations and challenges effectively.
- Patient and calm demeanour to provide reassurance and emotional support to clients.
- Knowledge of ageing and disability rights and advocacy to ensure client's needs are met.

Work Experience:

Placement at Opal Health Care, Meadowbank Grove Care Community, NSW, Australia

- Assisted with daily living activities, including bathing, dressing, and grooming
- Provided emotional support and companionship to residents
- Helped with meal preparation and feeding
- Maintained a clean and safe environment for residents
- Efficiently managing multiple tasks and responsibilities is vital in elder care.
- Been culturally sensitive to elderly individuals for providing respectful and appropriate care.

Education:

Certificate III in Individual Support

Australian Community and Management College, Sydney, NSW

Diploma in Community Service (**Pursuing**)

Australasian International Academy, Sydney, NSW 2000

Diploma in Nursing and Midwifery (**2018**)

The Himal Institute of Health Science, Birgunj 44400, Nepal

High School Diploma in Science (**2015**)

Somnath Baba Higher Secondary School, Nepal

Availability:

Any time

References:

Available on Request