

NAZNEEN SYEDA

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SUMMARY

Senior personal Care Assistance with 7 years of New Zealand experience in providing compassionate care to elderly clients. Skilled in managing medication schedules, providing mobility assistance, and coordinating medical appointments. Passionate about improving the quality of life for seniors.

SKILLS

- Strong communication and interpersonal skills.
- Ability to provide emotional support to elderly clients and their families
- Proficiency in managing medication schedules and coordinating medical appointments.
- Knowledge of personal hygiene and infection control procedures.
- Ability to maintain accurate records and communicate effectively with healthcare professionals.
- Flexibility and adaptability to changing situations.
- Strong problem-solving skills and ability to work independently.

EXPERIENCE

Senior Personal Care Assistance

Bethesda rest home and hospital

January 2016 - Present, NZ

- Provide daily care to elderly clients, including assistance with bathing, dressing, grooming, and feeding.
- Administer medication according to physician's instructions and monitor clients' health status.
- Help clients with mobility issues, including transferring to and from bed, using a wheelchair, and walking.
- Coordinate medical appointments and transportation for clients.
- Manage household tasks, such as cooking, cleaning, and laundry.
- Maintain accurate records of clients' care and communicate with family members and healthcare professionals.

Senior Caregiver

Sri Mallikarjuna Hospital

July 2011 - July 2014, IND

- Provide individual grooming, hair, nails and oral care.
- Transfer client from bed to wheelchair.
- Monitor necessary signs including blood pressure, pulse, temperature and respiration.
- Provide good skin care to avoid bed sores.
- Maintain sanitation standards of the client's house.

- Wash tableware and all kitchen's utensils.
- Maintain a specialized image and show commitments to individual care.

Assistance in Nurse

Geeta Nursing home

January 2011 - June 2011, IND

- Assisted in bathe and maintained personal cleanliness.
- Encouraged activities in line with client's needs and capabilities.
- Washed and dried clothes of client.
- Helped feeding and toileting.
- Documented client's care in suitable forms.
- Reported unexpected changes of the client's physical, mental or emotional health to the family and agency.
- Made bed and changed lines.

EDUCATION

Level 4 Certificate in Health and Wellbeing (Advanced Support) APR/ 2021
 NZQA, Career force • Christchurch, NZ •

Level 3 Certificate in Health and Wellbeing (Health Assistance) FEB/ 2021
 NZQA, Career force • Christchurch, NZ •

Level 2 Certificate in Health and Wellbeing (Foundation Skills) SEP/ 2016
 NZQA, Career force • Christchurch, NZ •

First Aid Certificate & CPR Training
 SFA Plus• Christchurch, NZ • 2023

References

Available upon request.