

RASHMI TIMILSINA

PROFESSIONAL SUMMARY

Dedicated Age Care Support Worker with a proven track record at Age Care, enhancing resident wellbeing through personalized care and effective communication. Skilled in manual handling and fostering teamwork, I've significantly contributed to improved quality of life for the elderly, ensuring their comfort and independence.

SKILLS

- Manual handling
 - Record maintenance, Reporting
 - Knowledge of Elderly Health Conditions
 - Personal Care and Hygiene Assistance
 - Teamwork and Collaboration
 - End-of-Life Care (Palliative Care)
 - Positive Attitude and Resilience
- Communication Skills
 - Patient and Attentive Care
 - Knowledge Of Safety Protocols and Procedures
 - Patience and Flexibility
 - Time Management and Organization
 - Basic Computer Skills

WORK HISTORY

- ASSISTANT IN NURSING (AIN)** 10/2024 to 12/2024
Bupa Age Care, Clemton Park
- Assisted with feeding and monitored intake to help residents achieve nutritional objectives.
 - Laundered items, changed sheets and made bed to keep residents bedroom clean.
 - Conveyed critical information between patients, families, and healthcare team members effectively through clear communication channels.
 - Enhanced residents comfort by providing personalized care and support tailored to individual needs.
 - Facilitated social activities for residents, encouraging engagement within the community and enhancing overall quality of life.
 - Promoted independence among residents by assisting with daily living tasks such as dressing, grooming, and mobility.
 - Assisted in maintaining personal hygiene, resulting in improved health and wellbeing.
 - Maintained accurate records of residents progress, ensuring continuity of care across multidisciplinary teams.
 - Collaborated with healthcare team members to develop personalized care plans for each client, resulting in tailored support and improved wellbeing.

AVAILABILITY	Full time available- 7 Days A Week Visa: 485 Visa (Full Working Right)
EDUCATION	Australian Community And Management Collage CERTIFICATE III IN INDIVIDUAL SUPPORT , Health And Medical, 12/2024
ACHIEVEMENT	THE BASICS OF INFECTION PREVENTION AND CONTROL HAND HYGIENE OF DENTAL HEALTHCARE WORKERS HAND HYGIENE DERMATITIS NDIS WORKER ORIENTATION
CERTIFICATIONS	CERTIFICATE III IN INDIVIDUAL SUPPORT (AGEING/DISABILITY) CURRENT FIRST AID CERTIFICATE AND CURRENT CPR CERTIFICATE
REFERENCES	Available on request