### Sanjita lama

10 Rainbows way, Leppington, 2179 NSW 0491606343 Sanzeetatamang74@gmail.com

#### <u>Objective</u>

Compassionate and highly skilled Aged care professional with a certificate IV in ageing support and extensive experience in medication administration. Dedicated to providing exceptional care and support elderly individuals, ensuring their well-being and promoting their quality of life.

#### Key Skill

- Ability to work successfully with others on collaborative projects and efforts.
- Productive worker with solid work ethic to exert optimal effort in successfully completing tasks.
- Organized and effective communicator with the ability to learn quickly and develop expertise to produce efficient contributions to the organization.
- Competency in Microsoft Word, Excel, PowerPoint and Outlook environment.
- Honest, sincere, hardworking, polite and dedicated.
- Capable of handling patients.
- Skills for patients' care.
- Working within scope of practice.
- Performs own duty of care.

#### Experience

- Customer Service at Siderno Pasticceria-Narellan Town center.
- Crew Member at McDonald's Oran Park.
- Assisting residents with daily activities, such as bathing, dressing, and meal preparation.
- Monitored and administered medication as prescribed by healthcare professional.
- Engage residents in social and recreational activities for mental and emotional health.
- Maintaining accurate records of care and reporting significant changes in resident's conditions to the nursing staff.
- Collaborate with healthcare professional and family member with proper communication.

#### **Certificate**

- Barista Training in Nepal(2022)
- First aid and CPR Training (2023)
- Certificate IV in Ageing support with medication(2023)

## Academic Qualification

- Bachelor of Information Technology Sydney International School of Technology and Commerce Sydney, NSW (2023 – Present)
- School leaving Certificate in Science Arunima Secondary College (2019-2021)

# **Reference**

Niranjan Prasai
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