

# SUSHMITA TAMANG

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## PROFESSIONAL SUMMARY

Highly dedicated and empathetic AIN with 2.5 years of hands-on experience in aged care, certified with Certificate IV in Ageing Support, equipped with both theoretical knowledge and hands-on experience in elderly care. My academic training has provided me with a solid foundation in delivering high-quality support, while my practical placements have honed my skills in personal care, medication management, and client engagement. I am committed to enhancing the well-being and quality of life for elderly individuals, and I am eager to contribute my expertise to a compassionate and supportive care team.

## SKILLS

- Personal care and assistance
- Medication administration (competent and certified)
- Resident mobility and transfers
- Dementia and palliative care
- Infection control and safety procedures
- Documentation and reporting
- Behavioural and emotional support
- Care plan development and implementation
- Effective communication and interpersonal skills
- First Aid and CPR certified
- Understanding of health and safety regulations

## PROFESSIONAL EXPERIENCE

### **AIN/Caregiver**

#### **Bupa Aged Care – Baulkham Hills**

***December 2023- Present***

- Assisted elderly residents with daily activities such as dressing, grooming, bathing, and feeding while ensuring dignity and respect.
- Provided emotional support and companionship to residents, fostering a positive and caring environment.
- Supported residents with dementia and Alzheimer's by following specialized care plans tailored to individual needs.
- Monitored vital signs and report changes in health conditions to registered nurses for appropriate action.
- Assisted residents with mobility, including transfers, positioning, and walking, ensuring their safety.
- Administered medications under the supervision of nursing staff and maintain accurate records of medication administration.
- Maintained high standards of hygiene and infection control within the facility.
- Participated in team meetings to discuss care plans and improvements for resident well-being.

### **AIN/Care giver**

#### **Australian Unity– Kogarah**

***April 2023-December 2024***

- Provided personal care services to elderly residents, including assistance with daily activities, grooming, and mobility.
- Administered medications and documented administration in compliance with health regulations.

- Assisted in the development and execution of individualized care plans.
- Engaged with clients to provide emotional support and companionship, enhancing their quality of life.
- Conducted routine health checks and reported any changes in residents' conditions to medical staff.
- Assisted with meal preparation, feeding, and dietary monitoring.
- Helped with recreational activities and social engagement to promote client well-being.

## **EDUCATION AND CERTIFICATIONS**

### **Certificate IV in Ageing Support**

*Australian Harbor International College, Sydney, Australia*

- Includes certification to administer medications (Assist Clients with Medication – HLTHPS006)

### **First Aid & CPR Certificate**

### **Manual Handling and Infection Control Training**

## **REFERENCE**

Reference will be provided upon request