

# Tuk Prasad Lamichhane

- Permanent Resident
- Looking for Care Support employee



**Career Objective:** Seeking an exciting and challenging position where I can develop my skill and knowledge to be perfect care person.

## Carer Experiences

Peninsula Village-Umina Beach

Feb 2024 to current

### Key Role:

- **Personal Care:** Assisting with activities of daily living (ADLs) such as bathing, dressing, grooming, and toileting.
- **Mobility Assistance:** Helping with walking, using a walker or wheelchair, and transferring between bed, chair, or other positions.
- **Nutrition and Meal Preparation:** Planning and preparing nutritious meals according to any dietary restrictions or preferences.
- **Companionship:** Providing emotional support, engaging in conversation, and participating in activities to promote mental and emotional well-being.
- **Monitoring Health:** Keeping track of vital signs, symptoms, and any changes in health condition, and reporting to healthcare professionals if needed.
- **Coordination of Care:** Communicating and coordinating with other healthcare providers, family members, and support services involved in the elderly person's care.
- **Documentation:** Keeping records of care provided, medications administered, and any changes in health status.
- **Medication-** pills, puffer and skin care

## Certificate

> Cert iv in ageing support  
> Cert iii in commercial cookery at TAFE NSW, Australia.  
2022

### Contact

📍 5/488 Ocean Beach Road  
(Umina Beach, 2257, NSW)

📞 0401850967

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Linkedin:

### Extra Skill:

\*Able to provide personal care  
\*Worked well with documentation

### References

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