

# Upashna Limbu

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To work as an aged care worker and help aged people to live a quality life they deserve by great service. Bringing a strong passion for providing excellent care services to the elderly and implementing best practices aimed at high standards of aged care.

## **Education:**

- Higher Secondary School, Hotel Management (2021)
- Bachelor of Business in Hospitality Management (Currently studying 2023)

## **Certificates:**

- Police certificate
- Certificate IV in Ageing support
- First-Aid certificate

## **Work Experiences:**

Current (Sep 2023 to till date)– Working in Mycare Nursing Agency as an AIN

- Providing effective personal care involving hygiene, feeding, toileting, dressing and showering
- Planned, prepared, and served meals and snacks according to prescribed diets.
- Applying practical intervention procedures for behavioral problems
- Observing resident's status and reporting any changes in the resident's condition to the supervisor
- Maintaining and maintain infection control polices & procedures, Manual handling techniques, Following O.H. & S policies

2023(Feb – July) - Café All-rounder at Mrs. Fields, Merrylands

## **Placement:**

I completed my work placement at Columbia Aged care, Chatswood NSW 2067, 297 Mowbray Rd. As a part of my Certificate IV in ageing support program, I had to work as a carer where I was involved with the elderly. During my work placement, I had to tend to the elderly, make sure they were fed well, feed those who could not feed themselves, help shower and get dressed. It was during this period that I realized the importance of this job and the greater purpose that it serves to the life of people who laid the foundation of the very society that we live in.

## **Skills and abilities**

- Excellent communication skills with a diverse range of people.
- Punctual and honest towards duty.
- Patient, creative, well organized, hardworking, and keen to learn.
- Ability to learn quickly or easily.
- Organized, dedicated and self-motivated
- Team player, committed, co-operative & goal oriented
- Ability to uphold quality improvement processes and maintain a safe environment to minimize hazard risks, ensure quality control and uphold health and safety requirements.

## **Why Age Care?**

I have always loved to take care of people and provide them with the greatest services. In addition, I love caring for elderly people because I used to look after my own grandparents in my native country. I think when they could, they helped us develop, and now it's our turn to help them to live their life easily and happily.

## **References**

Nisham Limbu

Mycare nursing agency

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