

# RESUME

**Name: Supriya Timsina**

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## **Objective:**

I am looking for part time, full time and casual employment for the post of Assistant in Nursing. I wish to have my career which employs my skills and expertise fully to join an organization which values enthusiasm, professionalism, and commitment to perform significant responsibilities and opportunities. I have completed my 120 hours of placement in Alkira Gardens and worked in dementia ward (Bass) and I'm really looking forward to continuing there as I live near Miranda.

## **Trainings:**

- First Aid Training
- CPR Training
- Manual Handling

## **Certificates:**

- Police certificate
- First Aid and CPR Certificate
- Certificate III Individual Support (Ageing/Disability)

## **Personal Attributes:**

- Problem-solving and multi-tasking skills
- Strong work ethics, exceptionally reliable and hardworking.
- Excellent organizational, prioritization, and time management skills
- Good communication, interpersonal.
- Ability to work well in a team.
- Can work independently with minimal supervision.

## **Professional skills:**

- Personal care and expertise in assisting with daily living activities, including bathing, toileting, dressing, grooming and toileting.
- Skilled in using mobility aids and supporting clients with limited mobility.
- Preparing meals tailored to dietary restrictions and feeding assistance.
- Dementia and Alzheimer's care.
- Accurate record keeping of care plans, daily activities and overall documentation.
- Building trust and emotional connection with residence.

**Experiences:****Alkira Gardens (Bass)**

(Placement from 21 Oct 2024 to 12 Nov 2024)

2 Animbo St, Miranda NSW 2228

- Looked after the residence in dementia ward and learned about the residence and their activities in Bass.
- Helped long-term care facility nursing personnel with patient care tasks.
- Assistance with clothing, toileting, bathing, and grooming, among other activities of daily living.
- As needed assisted them with eating, moving, and walking.
- Kept Residents' living quarters tidy and orderly while also seeing to their comfort.
- Helped put residents' educational and recreational activities into action.

**Availability:**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	Availabe	Availabe	Available	Available	Available	Available	Available
Evening	Availabe	Availabe	Available	Available	Available	Available	Available
Night	Availabe	Availabe	Available	Available	Available	Available	Available

**References:**

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