

ANISH SHRESTHA

CONTACT

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EDUCATION

- Bachelor Degree in Information Technology
- College: Kent Institute Australia Sydney NSW
- Certificate III in aged care

OBJECTIVE

Compassionate and dedicated aged care professional with 1 year of experience in multiple companies providing high-quality care to elderly individuals. Seeking a rewarding position in aged care where I can utilize my expertise to improve the well-being of elderly residents and contribute to creating a positive and supportive environment.

SKILLS

- ❖ Comprehensive knowledge of aged care principles and best practices, including ADLs, medication administration, mobility assistance, and emotional support.
- ❖ Ability to assess and address the physical, emotional, and cognitive needs of elderly individuals.
- ❖ Excellent communication skills, both verbal and written, to effectively communicate with elderly patients, their families, and healthcare team members.
- ❖ Strong observation and problem-solving skills to identify and address any changes in the health or well-being of elderly individuals.
- ❖ Compassionate and empathetic approach towards elderly patients, with a commitment to providing person-centered care.
- ❖ Proficient in documenting and maintaining accurate records of patient care and progress.
- ❖ Ability to work independently as well as collaboratively in a team-oriented environment.
- ❖ Knowledge of safety and infection control protocols in aged care settings.

EXPERIENCE

- ❖ Working in Vital Home Health Services since March 2022 passionately.
- ❖ Worked in Home Instead North Shore for 6 months.
- ❖ Provided compassionate and comprehensive care to elderly residents in their own home, including assisting with ADLs such as bathing, dressing, grooming, and feeding, for elderly residents in their home.
- ❖ Provided companionship and emotional support to residents, engaging in meaningful conversations and recreational activities.
- ❖ Conducted assessments, monitored and recorded vital signs, observed changes in patients' conditions, and reported any concerns to the healthcare team.
- ❖ Assisted with mobility and transfers, ensuring patient safety and comfort.
- ❖ Built and maintained positive relationships with patients, families, and colleagues, promoting a supportive and inclusive environment.
- ❖ Participated in care planning meetings and collaborated with the interdisciplinary team to develop and implement personalized care plans.
- ❖ Documented patient care activities accurately and in a timely manner, maintaining confidentiality and adhering to organizational policies and procedures.