

INOKA PESHANI

Caregiver | Personal Care, Patient Support & Senior Care

Downtown Los Angeles, CA | inokapeshani@gmail.com | [linkedin](#)

PROFESSIONAL SUMMARY

Caregiver with over one year of full-time experience in a Los Angeles residential care community and seven years of earlier clinical and pharmacy experience in Sri Lanka. Provides hands-on support with personal hygiene, mobility, meals, dementia care, and assistance with self-administered medication, and builds trust with residents through patient, respectful communication. Holds NVQ Level 3 in Caregiving and CPR/AED/First Aid certification.

CORE SKILLS

Activities of Daily Living (bathing, grooming, dressing, toileting) • Mobility and transfer assistance • Vital signs monitoring • Assistance with self-administered medication • Dementia care • Meal service and feeding assistance • Resident companionship • Infection control • Patient confidentiality • Teamwork with nurses and healthcare staff • Microsoft Word and data entry

PROFESSIONAL EXPERIENCE

Caregiver, Nazareth House, Los Angeles, CA Sep 2025 – Present

- Assist residents of a licensed residential care facility for the elderly with daily living activities per each resident's service plan, including bathing, dressing, grooming, toileting, and incontinence care
- Perform safe transfers, positioning, and turning using proper body mechanics; assist with mobility
- Assist residents with self-administration of medications in line with facility policy
- Support residents with dementia and other cognitive impairment using supportive, non-threatening communication
- Observe and report changes in residents' physical and emotional condition to the charge nurse; enter resident notes on the computer
- Serve meals and snacks, apply non-sterile dressings, follow infection control, fire, and emergency procedures, and respect resident rights and confidentiality

Career break; relocated to the United States 2009 – 2025

Pharmacy Assistant, Sisira Pharmacy, Matara, Sri Lanka Mar 2006 – Oct 2009

- Assisted with preparing and labeling prescription medications under pharmacist supervision
- Advised customers on over-the-counter medicines; kept accurate stock records and inventory checks
- Supported safe medication storage and disposal; maintained patient confidentiality and safety protocols

Nursing Assistant, 25 Channeling Center, Matara, Sri Lanka Jan 2002 – Feb 2004

- Took and recorded vital signs (temperature, pulse, blood pressure) and maintained confidential patient records
- Assisted patients with mobility and personal care; reported changes in condition to senior staff
- Prepared and sanitized examination rooms; supported physicians during consultations and minor procedures

Nurse Assistant, Medi Care Center, Matara, Sri Lanka Feb 2000 – Mar 2001

- Monitored vital signs and assisted patients with hygiene, bathing, grooming, and dressing

CERTIFICATIONS & EDUCATION

- National Certificate in Caregiving, NVQ Level 3, Vocational Training Authority (VTA), Sri Lanka – Jun 2023
- CPR, AED & First Aid Certificate, Alison (online) – Jul 2025
- Diploma in Office Applications (Grade A), IDM International – Jan 2016
- G.C.E. Advanced Level, Thelijjawilla Central College, Sri Lanka

LANGUAGES

English, Sinhala