

Alen Ann Abraham  
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### **Professional Summary**

Dedicated, driven, and competent postgraduate seeking position at Hope4life. Possesses a rich understanding of people – namely children, youth, visible minorities, and individuals living with disabilities – and their varying needs which is reinforced by nine years of hands-on experience. Good knowledge in chronic diseases and management from the nursing experience. Excellent reputation for creativity, empathy, rapport building, and client-centered care. Passionate about supporting the individuals by promoting empowerment, confidence, and inclusivity.

### **Education**

#### **POST GRADUATE DEGREE IN GERONTOLOGY AND HOSPICE PALLIATIVE CARE**

2016-2018

MacEwan University– Edmonton, AB

- Certificate awarded by MacEwan University for the **First Class Standing** in the Post Basic Nursing in Gerontology and Hospice Palliative Care for excellent academic performance
- **Canadian Equivalency** for four years bachelor's degree obtained from CES

#### **BACHELOR OF SCIENCE IN NURSING, B.Sc (N)**

2008-2012

Rajiv Gandhi University of Health Sciences, India

- Attended workshops and seminars on temper tantrum and management
- Research was completed on a large group based on the kids with temper tantrum
- Completed practicums on Nursing Foundation, Medical Surgical Nursing, Psychiatric/ Pediatric/ Community Health & Obstetrics and Gynecological Nursing

### **Skills & Abilities**

- Possesses refined communication, written, and critical thinking skills
- Highly innovative and adaptable
- Productively engages in collaborative activities where teamwork skills are an asset
- Possesses expert abilities in research works and academics

## **Professional History**

### **Framework for Life Mentor** (Mentor/ Community Disability Services Practitioner)

2018- Current

#### **Entrust Disability Services – Edmonton, AB**

- Managed and supervised caseloads of the clients with the Edmonton Public School, Edmonton Catholic School, Official Public Guardian and the PDD.
- Worked with the EPS clients- under the outreach case load and as a special relief Mentor
- Designed activities and outings for the EPS clients
- Conducted and attended ISP & IPP meetings
- Attended meetings with the school team of the EPS clients
- Created face sheet, one-page profile, ISP checklist and client supervision guidelines for the individuals and worked with the BS team to create the wellness plan documents, triggers and behaviour document, planned positive and restrictive procedure document
- Attended the Structured TEACCHing: Individualized schedules (online course)
- Worked with individuals diagnosed with behavioral challenges, Autism Spectrum Disorder, Global Developmental Delay, Mild Cognitive Disability, and Attention Deficit Hyperactivity Disorder and implemented specialized recreational plans
- Effectively determined realistic treatment goals to facilitate independence, inclusivity, and self-regulation and adjusted steps based on patient progress
- Assisted individuals with completing activities of daily living such as grooming, dressing, medication administration, and self-feeding
- Delivered recreational programs to meet needs and preferences of the resident population such as physical activity classes, bingo nights, and knitting classes
- Adapted activities, including puzzles and board games, and manipulated the facility's setting to meet the diverse needs of the children
- Led book reading and story-telling programs for providing both motivation and guidance to participants
- Helped children to build and maintain interpersonal relationships, social skills, cognitive abilities, physical skills, and confidence
- Created a fully developed sensory room at the resident's house
- Initiated movement therapy for the children
- Initiated yoga ball and hula hoop movement therapy for the children
- Instigated literacy and numeracy sessions for the assigned group of kids
- Created a complete play area at the resident's house with an indoor basketball area, indoor trampoline, indoor snooker, and an indoor hammock
- Brought the ideas of TEACCH and the importance of Shoe box tasks effective in the day to day lives of the children

- Long outings with the individuals were a big success
- Coordinated and managed specialized activities and projects for individuals with physical and verbal disabilities, including cooking and baking sessions, board games, and walks around the community
- Facilitated interaction in programs by engaging with clients to provide encouragement and guidance
- Used behavior modeling and specialized teaching techniques to share and reinforce social skills
- Tutored children and youth from the EPS living with learning disabilities namely through the incorporation of objects to facilitate the conceptualization of abstract concepts

### **Certifications**

- Standard First Aid and Level C CPR (Heart and Stroke Foundation 2021)
- Structured TEACCHing: Individualized schedules (Greensboro Area Health Education Center 2019)
- Nonviolent Crisis Intervention Flex (Crisis Prevention Institute 2020)
- WHMIS Certification (CLAC 2021)
- Medication Administration (Entrust Disability Services 2018)
- Food and Safety Training (Entrust Disability Services 2018)
- Hazards Assessment Certificate (Entrust Disability Services 2018)
- Fire Extinguisher (Entrust Disability Services 2018)
- Safe bathing (Entrust Disability Services 2018)