

Shrawan Nepal

Merrylands, NSW 2160 | 0426446978 | shrawannepal234@gmail.com

Summary

Passionate care worker with a zeal for helping vulnerable individuals with excellent communication skills and ability to handle the needs and help them improve their quality of life. Well-organised and detail- oriented, able to maintain accurate informations and handle safeguarding concerns. Also, comfortable in a fast-paced and changing environment, making correct decisions and working collaboratively with other colleagues and partner agencies.

Experience

AIN | 01/2024 - Current
Dominion group - Australia

PERSONAL SHOPPER | 11/2023 - Current
Woolworths - Lidcombe, Australia

- Worked quickly to pack orders in an efficient way and minimise damage or shifting of products.
- Delivered on monthly KPIs to reach sales objectives.

FAST FOOD WORKER | 10/2023 - Current
El Jannah - ChesterHill, Australia

- Completed opening, closing and shift change tasks in full to promote store efficiency.
- Worked hard to learn all required tasks quickly to maximise performance.

BUPA AGEDCARE WILLOUGHBY | 10/2023 - 11/2023
Training - Willoughby, Australia

- Lifted, moved and adjusted clients to ambulate individuals for diverse needs.
- Implemented medication reminders and other alerts to assist with time-management issues.
- Addressed in-home issues, organizing or rearranging items to suit client capabilities and preferences.
- Supported nightly routines and helped to reduce disruptions to sleep, delivering person-centred care in line with individual care plans.
- Completed First Aid, **CPR** and defibrillation training.
- Checked outpatient **medication** requirements and dosage before approving medication.
- Safely managed and administered medication.
- Recorded all operations and dispensed **medication** via [Software].
- Used the [Software] system for prescribing medication.

Skills

- Enthusiastic
 - Multitasking
 - Time management
 - Flexible worker
 - Hardworking
 - Knowledge of [Software]
 - Daily living assistance
- Care plan development
 - Medication administering
 - Autism awareness
 - Personal care and hygiene
 - Mobility assistance
 - Interprofessional teamwork
- Person-centred care

Education

Sathya sai Shiksha sadan - Kathmandu, Nepal | **Lower Secondary School**
2016

White House Secondary School - Kathmandu, Nepal | **Certificate of Higher Education**
Accounting , 04/2016 - 03/2018

Certificate III in Individual Support (Ageing and Disability)

Certificate III in Individual Support (Ageing and Disability) and medication

Reference

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