

Abhaya Raj Giri

Strathfield, NSW 2135 | 0424633484 | giriabhaya338@gmail.com

Objective

Devoted personal care professional skilled in fostering client health and convenience through assisting with daily activities and health needs. Driven to promote healthy habits to encourage client well-being by demonstrating healthy habits. Dedicated to applying emerging techniques to derive best possible outcomes.

Skills

- Personal care and ADL assistance
- Medication
- Meal preparation and dietary support
- Companionship and emotional support
- Effective communication
- Teamwork and collaboration
- Person-centered care
- Time management
- Empathy and compassion
- Rapport building
- Leadership
- Using devices
- Recording and reporting
- Documentation
- Vitals measurement
- Dementia care
- Healthcare coordination
- Transfer techniques
- Mobility assistance
- First aid and CPR

Professional Experience

OUTREACH WORKER | 01/2024 - 05/2025

Japan-Nepal Health and Tuberculosis Research Association - Kathmandu, NSW

- Developed and implemented outreach plans to engage target populations.
- Organized and hosted workshops for the public on topics related to health and wellness.
- Collaborated closely with social workers, case managers, physicians, and other professionals to ensure client success.
- Attended conferences related to outreach work in order to stay current on best practices.
- Participated in team meetings regarding program goals and objectives.
- Performed outreach activities at local schools in order to connect youth with available resources.
- Monitored progress of participants over time in order to assess effectiveness of services provided.
- Advocated for at-risk groups to find funding and resources.
- Implemented community outreach and engagement plans to reach vulnerable communities

ADMINISTRATIVE AND HEALTH ASSISTANT | 10/2019 - 12/2023

Jayantipur Polyclinic - Kathmandu, NSW

- Greeted patients and collected relevant personal information.
- Verified documentation methodically to avoid critical errors impacting care delivery and payments for services.
- Collaborated with clinical and administrative staff to meet patient needs.
- Prepared medications for administration to patients under the direction of a doctor or nurse practitioner.
- Measured vital signs including temperature, pulse, respiration rate, and weight.
- Screened patients for eligibility for state, local and federal assistance programs.

- Performed clerical duties such as scheduling appointments, filing paperwork, and maintaining records.
- Educated patients about their diagnosis and provided emotional support when needed.

HEALTH ASSISTANT | 09/2020 - 01/2021

District Public Health Office - Kathmandu, Bagmati

- Performed clerical duties such as scheduling appointments, filing paperwork, and maintaining records.
- Transported patients to other facilities when necessary.
- Educated patients about their diagnosis, and provided emotional support when needed.
- Answered phone calls from patients regarding questions about their healthcare needs.
- Collaborated with clinical and administrative staff to meet patient needs.
- Explained policies, procedures, and services to patients.
- Received patient inquiries or complaints, and directed them to the appropriate medical staff members.
- Organized timely and accurate referrals to help patients obtain health care services, and access available resources.

SUPPORT WORKER

RFBI Concord Community Village - Australia

- Assisted in daily medication of the residents
- Assisted elderly residents and people with dementia with activities of daily living (ADLs), including bathing, eating, dressing, grooming, cleaning and mobility
- Prepared nutritious meals and ensured dietary requirements were met for individual residents
- Provided emotional support and companionship to residents, fostering a positive and caring environment
- Collaborated with a multidisciplinary team, including nurses, therapists, and fellow support workers, to deliver comprehensive care
- Tailored care plans to meet the unique needs and preferences of each resident, emphasizing person-centred care
- Use of lifters, belts, sanitation machines, wheelchairs, vitals check-up, buzzer handling, dealing residents concerns, waste and stock management

Education

Torrens University - Masters

Public Health & Business Administration, Expected in 08/2026

Nobel College - Bachelors

Public Health, 01/2023

Nepal Institute of Health Sciences - Nepal | Diploma

General Medicine, 01/2019

Aussieglobe Academy - Rockdale, NSW | Certificate IV in Ageing

Certifications

- Certificate IV in Ageing Support
- Basics of infection prevention and control in aged care
- New Worker NDIS Induction Module
- CPR
- Manual Handling Techniques
- First Aid

References

- Nidhu Francis, RN, RFBI Concord Community Village, nfrancis@rfbi.com.au
- Shayal Devi, RN, RFBI Concord Community Village, shdevi@rfbi.com.au
- Babita Basnet, AIN – Team Leader, RFBI Concord Community Village, Babeetabasnet7852@gmail.com
- Rajan Khatiwada, Placement Coordinator, 0420498555, rkhatiwada@aussieglobeacademy.com.au

Accomplishments

- Completion of Case Investigation and Contact Tracing Training concerning COVID-19
- Completion of SMS Behavior Re-enforcement Campaign concerning COVID-19
- Health Assistant License