

BIBEK CHAPAGAIN

Address : Glenfield, NSW

Mobile : 0416082550

Email : chapagainbibek95@gmail.com

About me:

I am a compassionate and enthusiastic individual committed to enhancing the well-being of others. Highly reliable and hardworking, I can work well independently and as part of a team with minimal supervision.

Professional skills:

- Compassionate and empathetic approach to caregiving.
- Proficient in providing personal care assistance, including bathing, dressing, and grooming.
- Ability to support individuals with mobility challenges, including using mobility aids and transferring techniques.
- Excellent communication skills of interacting with residents, their families, and healthcare professionals.
- Patient and calm demeanor to provide reassurance and emotional support to clients.

EXPERIENCE

Winston Hillside Care Community— *AIN Work Placement (120 Hours)*

- Assisting residents with daily activities such as bathing, dressing, grooming, and toileting.
- Helping residents with movement, including transfers from bed to wheelchair using hoist and sling, walking, and repositioning to prevent bedsores.
- Assisting with meal preparation and feeding, ensuring dietary needs and preferences are met.
- Ensuring the cleanliness and hygiene of residents and their living spaces.
- Encouraging and assisting residents in participating in recreational activities to promote mental and physical well-being.
- Maintaining clear and effective communication with residents, families, and healthcare team members.
- Providing companionship and emotional support, addressing residents' social and psychological needs.

Kathmandu Pragya Kunja School (Nepal) — *Computer Science Teacher* (April 2021 - March 2024)

- Providing constructive feedback to help students improve their skills and understanding.
- Incorporating coding platforms, educational software, and other digital resources to make learning more interactive and effective.
- Participating in professional development opportunities, workshops, and conferences.

Education:

Certificate III Individual Support (Ageing/Disability)

- Provide individualized support
- Work with diverse people
- Support independence and well-being
- Follow established person-centered behavior supports

License/ Certificates:

- Certificate III Individual Support (Ageing/Disability)
- NDIS Certificate
- First Aid and CPR Certificate
- Manual Handling Certificate
- Unrestricted International Driving License

References

Asmita Subedi - Registered Nurse

(Winston Hillside Care Community)

Mobile: 0431986878

Email: asmita.subedi57@gmail.com

Sudip Thapa- Registered Nurse

(Winston Hillside Care Community)

Mobile: 0425083356

Email: sudipthapa1990@hotmail.com