

0493922221

3-11 Orara
Street, Waitara,
NSW 2077

richapokharel98@
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RICHA POKHAREL

EDUCATION

Active Academy Higher
Secondary School
Higher Secondary
2016

Tribhuvan University
**Bachelor of Arts Humanities
and Social Sciences**
2019

Padma Kanya Campus
Master Of Arts
2023

Arizona College
CHC43115
Certificate IV in Disability
2024

KEY SKILLS

- Empathy and Compassion
- Patience
- Communication Skills
- Personal Care Skills
- First Aid Skills
- Medication Administration
- Documentation and Record-Keeping
- Flexibility and Adaptability
- Teamwork

PROFILE

I'm qualified to provide personal care, mobility help, and individualised care plans, having worked in the field for more than two years and holding certifications in Disability Services, Manual Handling, and First Aid. I am dedicated to lifelong learning, have a reputation for sensitivity and excellent communication, and work well with families and medical experts.

WORK EXPERIENCE

Care Giver

Himalayan Old Age Home | Kathmandu, Nepal
June 2021- May 2023

I helped them with everyday activities like eating, dressing, and taking a shower, making sure they got the care they needed and took their medications on time. I also kept an eye on their vital signs, offered them company, and noted their level of activity and general health.

Support Worker

Manjushree Elderly Home | Lalitpur, Nepal
May 2023- February 2024

I supported people who used wheelchairs or walkers by helping them with everyday tasks like transfers, mobility, and personal care. I also listened to their worries, offered emotional support, and planned fun social events like games, crafts, music, and excursions.

PLACEMENT

Himalayan Villa Care
53 Derby Street, Rooty Hill, NSW
02-04-2024 to 18-04-2024

I helped seniors with everyday chores, mobility, and health monitoring. Under the supervision of trained personnel, I also assist with activity planning and hygienic maintenance.

REFERENCES

Sujan Thapa (AIN/Bupa Dural) 0414045573
magarsujanthapa@gmail.com

Prerana Rai (AIN Moran Age Care) 0422863547
Susmitarai033@gmail.com

Tika Ram Neupane (Shift Manager, Estia Health Age Care)
0433933062
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