CONTACT

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+977 98XXXXXXXX
Kathmandu, Nepal

CERTIFICATIONS

Caregiver training course 2079
CTEVT-affiliated training centre

Japanese Language Proficiency Test — N4 2081
Japan Foundation

Basic First Aid 2080
Nepal Red Cross Society

SKILLS

- Safe transfer and mobility support
- Personal hygiene and bathing
- Dementia care
- Medication reminders and care records
- Meal preparation for special diets

LANGUAGES

Nepali	Native
Japanese	Working — JLPT N4
English	Basic

Laxmi Magar

— Caregiver — Elderly and Home Care

PROFILE

Caregiver with three years in an elderly care home and in private home care in Kathmandu. Handles safe transfers, feeding, bathing, medication reminders and daily care records for residents with dementia and limited mobility. Completed caregiver training and holds Japanese language N4, and is preparing for overseas care placement.

EXPERIENCE

Caregiver Shrawan 2080 – Present
Elderly care home · Kathmandu

- Care for six residents per shift, including two with dementia and three who need full assistance to move
- Handle safe transfers between bed, wheelchair and toilet using correct lifting technique
- Give medication reminders on schedule and record intake and changes in a daily care log
- Work rotating day and night shifts

Home Caregiver Baishakh 2079 – Ashad 2080
Private household · Lalitpur

- Provided live-in care for an elderly woman recovering from a hip fracture
- Supported daily physiotherapy exercises set by the visiting physiotherapist
- Prepared soft and diabetic-friendly meals and kept hospital appointments

EDUCATION

+2 (Higher Secondary) 2074 – 2076
Higher secondary school · Palpa

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