# Curriculum Vitae

## PERSONAL INFORMATION

# Laxmi Magar

Caregiver — Elderly and Home Care


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Kathmandu, Nepal


Date of birth 9 November 1994 | Nationality Nepali

## 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.

## CERTIFICATIONS

2022 **Caregiver training course**
CTEVT-affiliated training centre

2024 **Japanese Language Proficiency Test — N4**
Japan Foundation

2023 **Basic First Aid**
Nepal Red Cross Society

## EXPERIENCE

Jul 2023 – Present

### Caregiver

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

Apr 2022 – Jun 2023

### Home Caregiver

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

## SKILLS

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

## EDUCATION

2017 – 2019

### +2 (Higher Secondary)

Higher secondary school, Palpa

## LANGUAGES

| | |
|---|---|
| Nepali | Mother tongue |
| Japanese | B2 — independent user |
| English | A2 — basic user |