

Thakur Prasad Parajuli

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(825) 889-7298

EXPERIENCE

January 2019- November 2024

Support Worker

National Federation of Disability Nepal

- Supported individuals in daily personal care tasks: bathing, grooming, and dressing.
- Facilitated mobility and encouraged participation in physical activities.
- Accompanied elderly individuals to appointments and errands.
- Monitored health conditions and ensured timely administration of medications.
- Fostered emotional well-being by offering companionship and attentive listening.
- Prepared and served nutritious meals, tailored to specific dietary requirements.
- Ensured a safe environment by addressing emergencies promptly and effectively.
- Maintained a clean, organized, and comfortable living space.

March 2015- September 2018

Support Worker

Health Home Care Nepal

- Assisted with personal hygiene, dressing, and daily routines.
- Provided companionship and emotional support.
- Monitored vital signs and ensured medication adherence.
- Maintained cleanliness of living and personal spaces.
- Supported mobility, exercise, and walking.

EDUCATION

Graduation in Business Studies

2000 June , Tribhuwan University, Nepal

CERTIFICATION

First Aid training

Health And Safety Training In Nepal

SKILLS

Project management
Organization

Data analysis
Problem-solving

Communication
Management