

# Juna Gharti Chhetri

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## Professional Summary

As a dedicated care worker, I bring a blend of skills and qualities essential for providing exceptional care. With a keen eye for risk assessment and effective interpersonal communication, I ensure a safe and supportive environment for my clients. My approach is firmly rooted in putting the individual at the center, tailoring care to their unique needs and preferences. I am self-motivated, constantly seeking opportunities to enhance my skills and knowledge to serve my clients better.

## Skills

1. Proficient in ensuring workplace safety and managing challenging behaviors in clients.
2. Highly skilled in observing and assessing clients' physical, mental, emotional, and psychological needs.
3. Talented in implementing and facilitating continuous support and comprehensive care services.
4. Experienced in guiding elderly clients to establish daily routines and structure, fostering trust and transparency.
5. Strong active listening skills and adept at gathering information to resolve client issues efficiently.
6. Assist clients in developing healthy coping mechanisms and promoting overall well-being.
7. Adept at engaging elderly clients through recreational activities and social interactions to enhance their quality of life.
8. Skilled at maintaining positive relationships with family members and visitors through supportive and compassionate communication.
9. Experienced in providing companionship and emotional support to socially isolated elderly clients.

10. Competent in assisting elderly clients with daily activities to maintain their independence and improve their quality of life.

11. Fluent in English, Nepalese, and Hindi.

## **Career History**

### **Care Worker**

Fresh Hope Communities

February 2024 - March 2024

#### **Key Responsibilities:**

- Conducted daily observations of clients to monitor health, goals, and behavior, including maintaining daily progress notes, incident reports, mealtime management plans, and fluid intake records.
- Planned and facilitated diverse activities tailored to individual clients, such as community outings and music programs, to enhance engagement and participation.
- Fostered positive relationships with family members and visitors through supportive interactions and compassionate discussions.
- Ensured the implementation of clients' care plans, following the guidance of health professionals to meet individual needs.
- Assisted clients with daily activities and supported their decision-making to maintain independence and improve their quality of life.
- Supported co-workers in acquiring new skills during the transition from paper-based to digital archiving and provided supervision and training to new staff during their induction period.

## **Volunteer**

Aged Home

May 2019 - August 2021

### **Key Responsibilities:**

- Engaged with residents by playing games and participating in recreational activities to promote social interaction and mental stimulation.
- Assisted in food distribution, ensuring residents received their meals and meeting dietary needs.
- Provided companionship and emotional support through conversations and attentive listening.
- Helped with basic tasks and provided a friendly, supportive presence to improve the overall well-being of the residents.

## **Education**

Bachelors in Computing

Softwarica College, 2023

Certificate III in Individual Support

Advance College, 2024

# References

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