

Nirav Parekh  
65, Ngatittoa St. Elsdon, Porirua 5022, Wellington (New Zealand)

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**PERSONAL SUMMARY:**

An adaptable, conscientious, enthusiastic, and self-motivated individual with experience of implementing personal support plans which focus on the individual's welfare, needs, wants and interests. Having the ability to manage a challenging caseload, while staying focused on giving a high standard of care to every client. Extensive knowledge of work principles, techniques and practices and their application to complex cases, group work, and community issues constantly maintaining and demonstrating a positive attitude towards clients, their families, staff, visitors and others. Keen to find a challenging position within a caring organization where I will be able to continue to increase my work experience & develop my abilities

**AREAS OF EXPERTISE:**

Person Centred Planning, Learning disabilities, Probation services, Child Protection, Children's homes, Creating care plans, Youth services, Mental Health services, Drug and alcohol abusers, Health care Education

**Volunteer Work Experience:**

Employer: Capital and Coast district Health Board, Porirua (Wellington) May 18 till June 20

Position: Adolescent Mental Health support worker

**WORK EXPERIENCE:**

- 1) Employer: ABI Rehabilitation, Porirua (Wellington)  
Position: Rehabilitation Program Worker June 8 till now
- 2) Employer: Kemp Home and Hospital, Porirua (Wellington)  
Position: Health Care Assistant April 15 till June 8
- 3) Employer: Krishna Nursing Home & Diagnostic Centre, Mangalore (India)  
Position: Community support worker March 2008 to April 2009
- 4) Employer: Glen View Nursing Home, Mangalore (India)  
Position: Community support worker May 2009 to April 2011
- 5) Employer: V.S.HOSPITAL, Ahmedabad (India)  
Position: Community support worker June 2010 to January 2011

Helping clients and patients to develop their independent daily living skills in accordance with their individual care plan. Providing care for people who have complex and challenging needs in terms of their behavior and emotional, psychological, mental and developmental well-being

**Duties:**

- Listening to a individuals problems and empathizing with them.
- Carrying out complex therapeutic assessments on vulnerable service users.
- Establishing trust and a bond with clients.
- Developing suitable treatment plans and implementing them.
- Meeting with a client's family, social worker and GP to exchange information.
- Identify problems quickly, explaining it to a client & then finding a solution.
- Counseling clients with mental health issues, Gambling & drug and alcohol addiction.
- Referring clients to other healthcare professionals, when appropriate.
- Monitoring a client's response to counseling, looking for signs of improvement.
- Maintaining clinical records & providing verbal & written reports on cases.
- Interviewing, observing and testing clients to get information about them.
- Attending training days for ongoing professional development.
- Promoting positive mental health and awareness of the importance of addressing mental health issues
- Advocates on behalf of clients and their supports for service access and modification
- Assists with client and family groups through empowerment
- Prepare Individual and group recreational activities. .
- Responsible to other duties as assigned
- Understanding of "Treaty of Waitangi
- Taking clients to social events, appointments and places of worship
- Assisting with money management like household bills, Council taxes, personal management of monies, work and income support, job finding

**KEY SKILLS AND COMPETENCIES:**

- Patience and having a calm manner.
- Experience of working with young people and vulnerable adults.
- Having a mature attitude and personality.
- Having a person centered approach towards counseling.
- Ability to quickly analyse complex problems & negotiate with thirds parties.
- Aware of policies and procedures regarding equal opportunities, child protection, risk assessment, confidentiality et

<b>Education:</b>	<b>College /Institute</b>	<b>Passing Year</b>
Grad, diploma in Alcohol & Drug Addiction	Wellington Institute of Technology	2012

**References:**

- 1) Gayle McGarry (Occupational therapist & Drug and Alcohol Counselor)  
M: 027 454 4065, Email: [gayle.mcgarry@weltec.ac.nz](mailto:gayle.mcgarry@weltec.ac.nz)
- 2) Andrea McLeod ( Manager of ABI Rehabilitation)  
M: 04 237 0128, Email: [andrea.mcleod@abi-rehab.co.nz](mailto:andrea.mcleod@abi-rehab.co.nz)
- 3) Karoline Lal ( Registered Nurse at ABI Rehabilitation)  
M: 04 565 0576
- 4) Joe Rogan (Rehabilitation Program Worker at ABI Rehabilitation)  
M: 04 236 7499