

Hello, I'm Helena

A warm, compassionate and easygoing support worker with a positive outlook on life. I'm passionate about helping others feel comfortable, included and confident to be themselves. There's nothing more rewarding than helping someone discover what they're capable of!

MY QUALIFICATIONS & TRAINING

- Diploma of Community Services
- Certificate III Children's Services
- Residential youth care and leadership
- First Aid & CPR
- NDIS Leaning Modules

A LITTLE BIT ABOUT ME

I'm a friendly, family-oriented mum who loves spending time with loved ones, getting out and about and making the most of every opportunity. I love seeing people happy and believe a little positivity can make a big difference in someone's day. I believe life is about making memories, embracing new experiences and having the freedom to make your own choices.

I CAN SUPPORT MY CLIENTS WITH

- **Personal Organisation**
- **Social & Community Participation**
- **Daily Living Support**
- **Meal Plan & Prep Assistance**
- **Personal Care**
- **Errands & Shopping**
- **Community Access**

MY APPROACH TO SUPPORT

- Focusing on strengths and possibilities
- Bringing positivity to everyday life
- Calm, compassionate and approachable
- Creating relaxed & comfortable environments

MY INDUSTRY EXPERIENCE

10+ YEARS

- 10+ years in health & community services
- Experienced in supporting all ages
- Psychosocial Support
- Personal Care & Manual Handling
- Complex Needs & Behaviour Support

MY FAVOURITE THINGS



Spreading Positivity



Being A Mum



Friend & Family Time



New Adventures

MY FAVOURITE QUOTE: *"The purpose of human life is to serve, and to show compassion and the will to help others."*