

Hello, I'm Rachael

I'm a bright, bubbly and outgoing person who loves having a laugh, meeting new people and bringing positivity into everyday life. I'm a great listener, love a good conversation and genuinely enjoy getting to know people!

MY QUALIFICATIONS & TRAINING

- Diploma of Councelling
- Medication Administration
- First Aid & CPR
- NDIS Learning Moduless

A LITTLE BIT ABOUT ME

I'm a proud mum who knows a thing or two about juggling a busy lifestyle!
I love staying organised, keeping active and making time for self-care.
I'm passionate about looking after my physical and mental wellbeing and believe life should always have a little room for fun! 💕

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

- Positive, bubbly and encouraging
- A great listener
- Promoting self-care and wellbeing
- Adaptable to individual needs

MY INDUSTRY EXPERIENCE

2+ YEARS

- Experience supporting a variety of ages, needs and abilities
- Mental health & psychosocial support
- Manual handling & mobility support

MY FAVOURITE THINGS



Chatting & Listening



Self Care



Organisation



Health & Fitness

MY FAVOURITE QUOTE: *"This too shall pass"*