



17 OCT, 2023

## Meet Your Local Carer

Times Victor Harbor, Victor Harbour

# Meet Your Local Carer



### Unwavering Dedication

**Hello, I'm Alicia, a disability support worker at RADS.**

I embarked on this career path due to a deeply personal connection. My mother was diagnosed with a disability a few years ago, and I have been her caregiver ever since. The role of a support worker is never static, with daily responsibilities in constant flux. However, my unwavering focus remains consistent - ensuring each of my clients finds happiness and fulfilment in their lives, pursuing their passions.

Being a support worker provides me with a unique opportunity to make a tangible difference in the lives of my clients. Witnessing their journey toward independence, inclusion, and community connection fills me with immense joy. It's a role that lets me nurture their dreams, foster their individuality, and create a supportive environment that encourages them to thrive.

In the realm of disability support, my commitment is resolute, and my dedication unwavering. It's an honor to be a part of this journey with my clients as we work together to make their lives more meaningful, fulfilling, and enriched.

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### Caring is a Partnership

**Ross Robertson is a partnership of comfort and convenience; our award-winning Home is proud of its reputation of excellence in care that we have built in the local community. The inviting outdoor spaces are ideal for socialising with family, friends, and adjoining neighbours in this well-loved home.**

Ms Sonam Lhamo, pictured, is one of our wonderful carers at Ross Robertson. She has been at Ross Robertson for 14 years and is a valued member of our team. During this time, she has been a great mentor to other carers. Sonam works over a varied roster including weekends and like all our carers, she loves coming to work. Residents are always complimenting Sonam on her wonderful care.

All of our carers love what they do and can often be heard enjoying a chat with residents and singing in the corridors while they are working. Mr Kieth Gauci, carer at Ross Robertson for 5 years, said "It's a team effort, we look after each other and do our best to go above and beyond to meet our residents' needs".

Allity's lifestyle philosophy centres on supporting our residents to make

every day the best it can be. Classic service offerings include regular bus outings, happy hours, entertainment, daily lifestyle activities, internet access, and nutritious and tasty meals prepared daily by our hospitality team.

We are very proud of our carers and the exceptional care that they deliver, and we receive daily compliments from residents and their family members. Mr Dennis Gray, husband of Ross Robertson resident Mrs Jill Gray says, "I'm happy with them. They're lovely people. They're good to Jill. She's happy. She likes them. She's well looked-after. I picked the right place when I brought her here".



### BEHIND THE EYES OF A CARER

**Resthaven Manager Service Development, Tam Henwood, is passionate about the Resthaven Staying at Home in Regional South Australia Program.**

As the primary carer of her mother, Tam's involvement with the initiative is not exclusive to the office. Tam says, "The program is a very special experience. It's really a gift."

"It allows carers to truly check-in with how they are feeling, reflect on their experience as a carer, and to make plans for positive change— oftentimes difficult when you are in the day-to-day of caring."

"The biggest goal I had for my mother during the program, who has mixed-type dementia (vascular dementia and Alzheimer's disease), was to be introduced to a cottage-style respite service; one that could continue after the program, giving her access to engaging social support."

"I strongly believe in my mum's human right to have agency over her life and decisions. Dignity of risk is important, along with personal choice, while ensuring we have as much unobtrusive means to support her continued independence."

"Being a carer of someone living with dementia presents various challenges, and respite is a step forward in confronting them, recognising that carers need support too."

If you are carer, or know someone who is, visit the Staying at Home Program page below, and discover the support available:

<https://www.resthaven.asn.au/staying-at-home-program/>  
 Ph: (08) 8198 2088  
 E: SAHRS@resthaven.asn.au



### Stay Independent for longer with Kalyra Help at Home Services

**In recognition of National Carers Week, Kalyra would like you to meet Anne and Trevor Goodwin from Victor Harbor.**

This lovely couple started dating when they were 16, they have been together for 61 years, married 55 years. Anne and Trevor met when Anne worked in a Florist shop, Trevor's mother drove the delivery truck and he used to help on a Saturday. After being set up on a date, the rest is history.

Trevor has been Anne's full-time carer since 2019 when Anne's back went completely, leaving her unable to walk. Trevor himself has had two hip replacements but assists Anne with her daily activities. National Carers week is a time to raise awareness and celebrate those amazing people like Trevor who provide care and support to their loved ones.

Trevor and Anne have been working with Kalyra's Help at Home Services since 2021.

Kalyra enables them to have the help they need to live comfortably in their own home, where they are keen to stay for as long as possible.

Interested in a rewarding career or becoming a volunteer, visit us at [Kalyra.com.au](http://Kalyra.com.au)

Kalyra, it's different here.

