PlatformTo
Independence, Together

MEET

Judith



SUPPORT WORKER

Kind, positive and resourceful

Judith is a proud Wiradjuri woman who brings kindness, a positive outlook and creative problem solving to helping people work towards their goals.

She values identity, cultural connection and community participation, and enjoys supporting people to maintain their mental and physical wellbeing.

She enjoys family time, Aboriginal art and performances, the gym, sunrises and exploring new places.

JUDITH'S RECENT EXPERIENCE

- **Shopping and budgeting**
  Shopping lists, comparing prices, finding items and supporting personal choices and communication.
- **Education and appointment access**
  Transport to TAFE, work placements and appointments, with practical support and advocacy when requested.
- **Planning and managing energy**
  Prioritising tasks, adjusting the pace and checking in to help people manage busy or overwhelming outings.
- **Confidence and problem solving**
  Games, shared activities and conversation that practise problem solving, social skills and expressing needs.

JUDITH'S SUPPORT STYLE

Judith builds rapport through warmth, conversation and shared interests, encouraging people to express what matters to them.

She supports choice and control, offers practical guidance and celebrates progress. She adapts plans to energy levels and provides reassurance when crowds or decisions feel overwhelming.

She may be a great match for someone who values cultural connection, enjoys community outings or games, and wants encouragement to build everyday confidence.

TRAINING & QUALIFICATIONS

- FIRST AID
- MENTAL HEALTH FIRST AID
- EPILEPSY ESSENTIALS
- NDIS WORKER ORIENTATION

Certificate IV in Individual Disability Support - in progress

Let's work together

Want to find out if Judith could be the right support for you or your family?

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