PlatformTo
Independence, Together



MEET

Kate

SUPPORT WORKER

Patient, practical and positive

Kate enjoys helping people feel confident, capable and respected. She brings empathy, patience and encouragement to building everyday independence.

Her background spans coaching, personal training, mentoring and work as a teaching aide, alongside practical skills as a qualified carpenter.

She enjoys family time, coaching football, the beach, Xbox and creative craft projects.

KATE'S RECENT EXPERIENCE

- **Shopping and cooking confidence**
  Supporting independent grocery shopping and preparing meals, with encouragement to build everyday skills.
- **Active routines and wellbeing**
  Walking for exercise and supporting participation at a pace that suits the person and the day.
- **Creative and social participation**
  Access to art and craft workshops, with opportunities to relax, connect and socialise with others.
- **Community access and appointments**
  Transport, shopping and practical errands, helping people take part in activities that matter to them.

KATE'S SUPPORT STYLE

Kate listens, builds trusting relationships and uses patient encouragement to help people feel supported and capable.

She draws on coaching and mentoring experience to celebrate achievements and work through challenges. She supports personal choice and adapts activities to interests and energy levels.

She may be a great match for someone who enjoys football, crafts, gaming or beach walks, and wants practical support to build confidence and independence.

TRAINING & QUALIFICATIONS

- CERTIFICATE IV TRAINING & ASSESSMENT
- QUALIFIED CARPENTER
- FOOTBALL AUSTRALIA B LICENCE
- FIRST AID & CPR ADVANCED RESUSCITATION

White Card | Teaching Assistant qualification in progress

Let's work together

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

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