

There To Care AWARDS

*Celebrating excellence, respect,
compassion, and community.*



Aleks

Therapy Assistant
Parafield Gardens Residential Care Home

2026 First Quarter Award Recipient

Dedication to making therapy fun is the reason Therapy Assistant, Aleks, has been recognised in Helping Hand's *There to Care Awards*.

Aleks stepped into this role six years ago after beginning her career as a care worker at Helping Hand. "I'm such a people person. I've always enjoyed helping people, and in aged care you can make a real difference in residents' everyday lives."

Aleks tries to make her sessions enjoyable, valuing extra time to chat to and encourage those she works with. "Small things go a long way. I take time to make sure people feel seen, not just looked after. Over time they become more confident and engaged, which is special to see."

Speaking Serbian and Croatian and understanding Italian – languages she's picked up from family – Aleks can connect with residents from a range of backgrounds and put them at ease.

"It shocks them when you speak their language. They ask where you're from and it starts a conversation about family and personal experiences. It also helps people open up about their lives and preferences, which can help with their care plans too."

Starting the Fun & Fitness group at Parafield Gardens has been a real highlight for Aleks. Initially starting with five residents the group now draws in 22 regulars. "I like to make exercise fun, so it's rewarding knowing how much people enjoy coming. Some even come 20 minutes early and sit waiting for the session to start."

Aleks incorporates singing, dancing and her residents' favourite songs into her sessions. "One resident spoke to me about her late husband, showing me a video on her iPad. I remembered the song and put it on YouTube. Her face lit up, and she was so happy."

Another resident who was quiet and a little withdrawn also began attending the group.

"The family said, 'Mum would never have done this before.' Three months ago she was in her room, and now every Friday she's here. That's a nice memory for me."

The nomination also came as a welcome surprise. "It makes me motivated and realise I'm doing a good job. It's nice to be appreciated."

Thanks, Aleks, for being there to care.

There To Care Awards focus on celebrating our values of excellence, respect, compassion and community, helping us to celebrate the amazing work our people do every day.



Helping Hand