

# There To Care AWARDS

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



## *Dermott*

Physiotherapist  
Home Care Services

*2026 First Quarter Award Recipient*

Helping Hand recognises Physiotherapist Dermott in Helping Hand's *There to Care Awards*, for his exceptional patience, compassion, and ability to meet clients where they are most comfortable.

Only two years out of university, Dermott splits his time between home-based client visits and Helping Hand's Golden Grove Wellbeing Centre. His path to aged care started from his love of helping others.

"I've always loved sport and when I was younger I really wanted to work in sports rehabilitation," he says. "As I went through university and got exposure to a variety of different people, I realised the passion I had can be applied to more than just sports. Working at Helping Hand, the desire to keep people fit, healthy, and independent for as long as possible is what drives me."

It's the connections, though, that Dermott values most. "I really love the relationships we get to build over time. That social aspect is really important to me, and I always make time for conversation at the start or the end of every session. That's where I get the most value."

That instinct to slow down and truly listen was particularly important during a recent session with a new client who arrived quite upset. Dermott recognised immediately that the planned session could wait, and what that client needed most in that moment was calm reassurance and someone to listen.

"It was clear she needed reassurance and support. The physio component could wait while I focused on helping her feel safe and settled.

His response also gave his colleagues the space to support the client's family at the same time, allowing the whole team to work together in a moment that called for more than clinical care.

"You want to treat everyone with that same level of empathy and understanding, because you never know what they might be going through."

He was touched about his recognition as an award winner. "I feel very lucky, but in all honesty it doesn't feel like what I'm doing is different to anyone else. We have such a strong team here. I'm just a cog in the wheel of a group of therapists I have the privilege to look up to. This is really a reflection of them."

Thanks, Dermott, 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