

# There To Care AWARDS

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



## Enes

Care Worker  
Parafield Gardens Residential Care Home

*2026 First Quarter Award Recipient*

Care Worker Enes has been recognised in Helping Hand's *There to Care Awards*, for her compassion and extraordinary ability to connect with residents on a deeply personal level, making them feel valued and heard.

Enes has been part of Helping Hand for 24 years, beginning her journey as a placement student.

"I never intended to stay but I loved it so much. It's really rewarding and I've met some amazing people," she says. "The whole team is amazing and it's always a real team effort."

Enes is regularly called upon to support residents who have refused personal care for extended periods. She takes time to learn a resident's history, interests and preferences to build trust before supporting residents to undertake personal care at their own pace.

"It might be as simple as pulling out my phone and saying, 'Do you want to have a look at my garden?' or showing them photos of my rescue dogs."

This instinct for connection is drawn from life experience. Raising a son with autism, Enes learned patience, flexibility and how to respond to individual needs – skills she now brings to work.

"My son sometimes wouldn't want to shower. I learnt if I let him hold his favourite dinosaur he would get in. I take a similar approach at work, learning what people like and what makes them feel comfortable."

Enes knows what it feels like to navigate life's hardest moments and she shares this vulnerability with residents who carry their own difficult histories.

"Life experience counts for so much. When you meet elderly people who've come from a traumatic background, if you're on the same page, they feel understood."

For Enes, the reward also comes through others. As a long-time student supervisor and mentor, she has guided many young people into the health industry.

"I was really shocked to be nominated. I usually keep to myself and just enjoy my work. But it's really nice to be recognised."

Thanks, Enes, 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