



## MEDIA RELEASE

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### **Hannah manages to do it all with Baptistcare**

For Hannah, working as an Occupational Therapy Assistant and a Physiotherapy Assistant at Baptistcare's residential aged care facility, David Buttfield Centre, means that she also has time for her family and her children.

After having children, Hannah wanted a job that would suit her personality and allow her to manage a household at the same time.

'I'm a very arty person, and after talking to some friends they thought I might like to become an Occupational Therapy Assistant. The flexibility is fantastic. I work part-time but can pick up shifts if I need them.'

Hannah suggests that people could pick the shifts they work depending on the movements of their family.

'My shifts are only four hours long so I am able to take my children to and from school each day,' Hannah said.

Being an Occupational Therapy Assistant, Hannah is charged with keeping people cognitively intact. She engages with residents, either in groups or as individuals, with activities like reading the newspaper, outings, playing games, craft projects and cooking.

As a Physiotherapy Assistant, Hannah encourages residents to exercise and also offers a Physiotherapy program after residents have undergone surgery in hospital.

'Motivating people to move around rather than sitting in a chair all day long gives them a greater sense of wellbeing,' says Hannah.

After completing a Certificate III in Aged Care privately, Hannah completed an OTA & PA course. With these qualifications in hand she approached the David Buttfield Centre directly, even though the facility had not advertised any vacancies.

She was employed on the spot and has now been with Baptistcare for two years.

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