



NWRH

Operating in over 50 communities across rural, regional and remote Queensland



Why did you Join NWRH?

As a new graduate, I was drawn to the rural generalist role at NWRH. It offered a great opportunity to build a broad range of skills while working in remote healthcare. I knew it would give me valuable clinical experience early in my career and allow me to learn quickly across different areas of occupational therapy.

What does your role Involve Day to day?

My role mainly focuses on community aged care. I spend a lot of time working directly with clients in their homes, assessing their needs and providing interventions that promote their safety and independence. There's also an outreach component to my role where I create and host education groups on different OT topics such as falls prevention, technology use, and cognition.

What has been your biggest achievement or proudest moment at work?

One of the things I'm most proud of is how much I have learned since starting. I've had the opportunity to complete training in pilot programs like the Tailored Activity Program (TAP) for dementia care, and the Rapid Neurodevelopmental Assessment (RNDA). I also love running OT groups in the community - seeing people engage and benefit from them is incredibly rewarding.

What has your career pathway looked like?

I started my career as a new graduate in Mount Isa, where I worked for two years. I then moved into an experienced clinician role in Townsville. Over time, I've developed a strong interest in community aged care and now focus on supporting people aged 50 and over. I'll also be a supervisor for an OT student placement, which I'm really excited about!

What do you love about NWRH?

I love that NWRH is a not-for-profit organisation with a strong focus on supporting communities. The outreach travel is a highlight for me, it's such a unique experience to visit and work in different communities with diverse groups. I also value the flexibility in my role, the wide range of experiences that NWRH is able to offer, and working within a multidisciplinary team.





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What advice would you give to someone new starting at NWRH?

The scope of work can feel a little overwhelming at first because there's so much variety, but it's an incredibly valuable experience. My advice would be to embrace it and take every learning opportunity you can. I'd also encourage people to really embrace living in a rural area and get involved in the community.

What do you love about your location?

I love being in Townsville because I have family and friends here too. Being close to the ocean and surrounded by beautiful waterfalls is amazing (I will never take this for granted after living out west), and the weather is pretty hard to beat, we get about eight months of perfect weather each year.

What do you enjoy doing outside of Work?

Outside of work, I occasionally work at a café, which fills my cup! I'm also currently studying a Diploma of Dementia Care. When I have free time, I like going to the gym, playing soccer, and heading out on little adventures whenever the weather allows, especially when it's not flooding!

