

Media Release

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To our aged care heroes: Thanks for Caring

Around 1.5 million older Australians rely on the kindness, expertise and commitment of others to deliver their aged care support.

Wednesday 7 August is [Aged Care Employee Day](#) (ACED) – an annual event organised by national industry association Aged and Community Care Providers Association (ACCPA) – aimed to celebrate the 370,000 workers and volunteers who devote their time across residential, home and community aged care.

Sonya Smart, CEO of Catholic, for-purpose aged and disability organisation [VMCH](#), is encouraging people to get behind ACED and say #ThanksForCaring to nurses, lifestyle staff, personal care assistants, allied health professionals, home care staff, hospitality teams, cleaners, admin staff, pastoral carers and more.

"ACED is a time to reflect on the tireless efforts made by our aged care workers and volunteers each and every day, and thank them for their resilience, passion and commitment as they care for our aging community," Sonya said.

Karen Lambert qualified as an Enrolled Nurse 30 years ago, later moving to lifestyle services. She's been a Lifestyle Assistant with VMCH for 10 years.

"I love seeing the joy residents show when sharing their stories and being able to have the time to sit and listen to them," Karen says. "I love that I get to do fun things and have a good laugh and conversations with many amazing people."

Personal Care Assistant Filomena Di Gennaro has been told by many she has an "old soul". "I have found myself connecting with old people better than the younger generation. The highlight of working in aged care is that I enjoy working with older adults; it's like me looking after my family members and making sure they're okay, happy and safe."

Like Filomena, simply being around the older generation is a drawcard for Personal Care Assistant Marife Coyle.

"Being a Filipino, we are raised with very traditional morals and values to care for elderly family members. Working in aged care is like looking after my parents, especially since I am so far away from them. I make sure they get the right care they need and also make them feel safe and happy."

Enrolled Nurse Gopal Singh has been working in aged care for 18 years. He believes teamwork is the key to providing the best quality care for residents.

"It doesn't matter what your destination is, aims should be the same; giving the best life and care to those who we are looking after."

Marife says she learns something new every day working in aged care.

"The residents have many exciting stories to tell and love sharing their experiences. I love my job and feel the satisfaction these fantastic people have given me with their care. I feel my working life is fulfilled."

To Karen, Filomena, Marife, Gopal and all of the amazing aged care workers across Australia, we say #ThanksForCaring.

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About VMCH

Here at VMCH, our services are as diverse as the people we support.

Our values underpin the work we do. As a Catholic, for-purpose organisation, love, joy, hospitality and courage aren't just words to us, they guide us in everything we do.

While we've been around for over a century, we're always moving forward. Always staying true to who we are by supporting people and families to live their best lives; providing a place to call home and spaces to learn and grow.

Our professional and compassionate teams are with you on your life journey; helping you with a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.

