

NDIS Mental Health Support Worker



Karen

Karen is a compassionate and dedicated Support Worker whose journey into disability support comes from personal lived experience. Following an accident that left her brother a quadriplegic, Karen saw first-hand the challenges individuals and families face when navigating health, disability and support systems. This experience inspired Karen to move from her career in management into work with a more personal purpose. She is passionate about helping people maintain their independence, dignity and quality of life while supporting families through their journey. Karen brings experience in leadership, organisation and client support, combined with genuine compassion. She believes everyone deserves to be heard, respected and empowered to make their own choices. As a Scottish-Australian, Karen is married with two children. Outside of work, she enjoys pilates, painting, gardening and cooking. Karen is committed to providing kind, dependable and personalised support, whether through practical assistance, companionship, advocacy or navigating services.



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