



# The faces of Cara

## Meet Irshad, Support Worker

As a disability support worker at Cara for over 5 years, Irshad has had the privilege of playing a vital role in enhancing the lives of many individuals with disabilities. Irshad's primary responsibility involves providing personalised support that not only meets the daily needs of our clients but also fosters their independence and dignity. Throughout his time at Cara, Irshad has contributed to creating an inclusive environment where our clients feel valued and empowered.

Moving to Australia in 2017, Irshad faced significant challenges. With no formal schooling, his job options were limited. He found work as a baker, but longed for something more fulfilling. He spoke with friends about his desire to make a greater impact, and after some research, specifically into disability support work, he came across a traineeship opportunity with Open Colleges School of Health.

After an assessment process Irshad began his traineeship, learning essential skills to support people living with disabilities. As if it was written in the stars, Irshad landed a placement position at Cara, marking the beginning of an enriching career.

As Irshad so thoughtfully expresses, "The most rewarding aspect of being a support worker is witnessing the growth and progress

of the individuals I assist. Every day presents an opportunity to make a positive impact in their lives, whether it's helping them achieve a personal goal or simply sharing a moment of joy. It's incredibly fulfilling to be part of their journey and to celebrate their milestones, no matter how small."

In 2021, Irshad had the honour of being nominated for the South Australian Training Awards and is incredibly proud to share that he won the Trainee of the Year Award for his work as a disability support worker at Cara. This recognition not only highlights his dedication to the field but also brings attention to the vital role disability support workers play in the community.

Working at Cara has been a profoundly rewarding experience for Irshad. The bonds he has formed, the challenges he has overcome, and the successes he has celebrated, both his own and clients, serve as constant reminders of why he chose this career path.

**"Every day is an opportunity to make a difference, and I am proud to contribute to the mission of Cara and to the lives of those we serve."**

- A proud statement from Irshad.