

Ar-En

Tea, smiles and the art of gratitude: How Ar-En found her calling at ECH

A chance encounter with ECH was all it took for Ar-En Favie to find her true calling. A development communication practitioner by profession who grew up in the Philippines, Ar-En joined the team in 2020, bringing a deep respect for elders to her role as a Home Service Team Member. In supporting South Australians to live their best possible lives at home, Ar-En knows that the more she gives, the more she receives - helping to make the world a more joyous, peaceful and loving place for all.

A career built on shared values

What's the secret to a long and happy life? It's a question Ar-En asked one of her cherished clients.

"One of my clients is 104 years old and still living independently at home, which is amazing," Ar-En says. "I asked her, 'How can

I reach this age?' She replied, 'Just keep smiling – and keep drinking tea.'"

Ar-En has well and truly mastered the smile part. As a Home Service Team Member, she brings infectious positivity to everything she does. Whether she is providing personal care, helping with household tasks or simply providing a listening ear, Ar-En is always guided by an "attitude of gratitude".

"I love meeting people. I love looking after the elders who have built this nation. Every day, I feel excited to talk with them. I gather a lot of wisdom and learnings from them. They deserve love and respect."

After moving from the Philippines to Australia in 2015, Ar-En decided to apply her communication skills from her development journalism background to a new path. While completing a Certificate III in Individual Support, she discovered ECH after stopping by our Mount Barker office to collect some chairs to donate to her church.

"From then, ECH imprinted itself on my heart," she says. "Its core values of empathy,

integrity and respect, now simplified and guided by its 'Get more out of life' statement, motivated me to want to work for this organisation."

Now, more than five years into her journey with ECH, Ar-En is a beloved fixture of our Home Service North Team, proving that when your personal values align with your professional ones, work feels less like a job and more like a calling.

"ECH has given me the great opportunity to be in an amazing work environment with amazing team members. I have grown as



a professional and further developed my understanding of how important it is to work with integrity even when no one is looking. I am very proud to be part of an organisation that advocates the values I have within me.”

Life and learning on the frontline

Ar-En’s natural ability to connect with people from all walks of life helps her clients live with dignity and choice. By listening and adapting to their changing needs, she ensures personalised care that builds their confidence and independence.

“So many people become sad, lonely and isolated as they grow older. Some have no family to look after them,” Ar-En reflects. “I grew up in a culture that respects elders. I am proud that at ECH, we support our elders in the best way we can so they can be happy and safe in their own homes.”

Being on the frontline of support means no two days are the same, which is just the way Ar-En likes it. Driving between clients’ homes and caring for people with differing health conditions isn’t always easy, yet Ar-En says the challenges make her work even more rewarding.

“I think being a mother of five has already prepared my heart to face any challenge. Learning comes from challenges and opportunities. They make us stronger and more fully developed as people. So, I find this work very rewarding and self-gratifying.”

Ar-En also knows that at ECH, her supportive, collaborative team is always right behind her.

“I have an absolutely amazing team. My supervisor is always accessible, very supportive and open-minded. There is very open communication, which makes everything so much easier.”

Time for what matters most

Ar-En creates balance in her day through meditation and as an active member of her church community. She also treasures the time she spends with her husband and five children.

“Family is everything. They are what we are here to work for - not only to bring food to the table, but to show them that we must be grateful as long as we live, because one day, we will grow old. So, while we are still young, we must make ourselves and others happy. Do not crave for more; just pray and ask for guidance, protection each day, humility and contentment in life.”

For those considering a similar path at ECH, Ar-En’s advice is simple: bring your heart to work, and the rest will follow.

“I encourage anyone who has empathy and integrity to explore a career at ECH. You cannot give what you do not have, so be happy, be authentic, and put your heart into it. You will find that working with the elderly is a partnership that makes the world one of peace, love and joy.”

