

Hannah

Strength in connection: Hannah's story of growth and leadership at ECH

When Hannah Wuttke-Brown joined ECH in 2018, she wasn't quite sure what to expect. What she found was a vibrant community that champions its team members just as much as the South Australians it supports. Since then, Hannah has grown from a dedicated Exercise Physiologist into a supportive Allied Health Leader at the Henley Beach Wellness Centre. Find out how Hannah continues to grow and thrive at ECH.

Supporting independence through wellness

Hannah has always found a deep sense of fulfilment in helping people get more out of life as they age. She first gained experience supporting older adults while studying for her Bachelor of Clinical Exercise Physiology. It was a rewarding experience that, after she had established her career as an Exercise Physiologist, led her to pursue her passion for

community care at ECH's Henley Beach Wellness Centre.

"What really appealed to me about the Wellness Centre was that it was an environment where clients were independent," Hannah says. "They were coming to the site because they wanted to improve their wellbeing. That made me really excited to join."

Joining the team in 2018, Hannah quickly discovered that the Wellness Centre was about more than just physical exercise. It was a proactive space where different health experts worked together to look at the 'big picture' of a person's wellbeing. Today, Hannah continues to use that collaborative approach to create tailored programs that help her clients stay independent in their own homes for longer.

"Being able to support people to stay at home and improve their quality of life is so rewarding. You build meaningful relationships - I've seen some of my clients once a week for over five years now. That connection is something really special."



Growing together through collaboration

Hannah values the way ECH encourages her to keep learning and building on her skills. A big part of that was her Master of Pain Management, which she completed with the full support of her team and leaders.

"I was so lucky that ECH backed me to finish my master's," Hannah says. "They helped with the costs and gave me the flexibility I needed to keep working full-time while I studied. I've also done pilates courses through ECH, so I'm qualified in that, too."



That support gave Hannah the confidence to move into her role as Allied Health Leader at Henley Beach. These days, she splits her time between her clinical work and looking after a multidisciplinary on-site team - from physiotherapists and occupational therapists to speech pathologists and dietitians.

For Hannah, the best part of being based at the Wellness Centre is the simple fact that she's never alone.

"We're a really welcoming, close group. If I'm working with a complex client, I don't have to figure it out by myself - I can just walk across the hall and have a chat with a physio or an OT. We've built a culture where everyone feels comfortable reaching out to one another for support."

This collaborative spirit is especially important given the variety of challenges that come through the door. Because no client is the same, Hannah finds that no two days are the same.

"The diversity of clients and the conditions you're exposed to is different from what you might see in private practice," she explains. "That variety makes it an interesting and rewarding role to be in. By having so many disciplines under one roof, we can provide a holistic approach that helps clients reach their goals more effectively."

The joy of a shared story

While physical activity and movement are essential for staying healthy and mobile, Hannah knows the social connection is often what her clients value most. Whether it's the coffee groups that form after an exercise class or the one-on-one sessions, it's the relationships that make the Wellness Centre a special place for Hannah and clients alike.

"Our clients are so appreciative, and you really get to know them," Hannah says. "I've been seeing one lady, who is now 98, for over five years. She's amazing - she's still living independently at home. She always tells me she looks forward to our Friday chats, and honestly, I do too."

Away from the Wellness Centre, Hannah keeps just as active, whether she's at the gym, out for a walk, or cheering on the Crows. Living in Adelaide, the Crows versus Port rivalry is a constant talking point with her AFL-loving clients.

For Hannah, the heart of her role comes down to a simple goal: helping people enjoy the years they have.

"We're all ageing, and you can't stop that," she says. "But if you can give older people some joy and help them feel better about themselves, then that is a pretty cool job to have."

