

Catalina



Profile

-  **Mid-30's**
-  **Female**
-  **Christchurch**
-  **Years of Experience :**
3+ Years

Words That My Friends Would Use to Describe Me:

Caring Compassionate
Patient Positive
Reliable Supportive

Hi! I'm Catalina Andrea

Catalina is a caring and compassionate support worker with a background in physiotherapy and over seven years of experience working in hospital and outpatient healthcare settings. She is passionate about helping people maintain their independence, mobility, and quality of life. Catalina enjoys building positive relationships and takes a collaborative approach to supporting others. She is known for her patience, reliability, and genuine commitment to improving the wellbeing of the people she supports. Outside of work, she enjoys staying active, spending time outdoors, travelling, and bouldering.

Interest & Hobbies



Exercising



Bouldering



Travel



Enjoying the
Outdoors

Relevant Qualifications

- ★ Driver's Licence
- ★ **Healthcare Qualifications:**
 - Bachelor's Degree in Physiotherapy (Kinesiology), Chile

Industry Experience

Catalina has extensive experience working as a physiotherapist in both hospital and outpatient settings. She has supported older adults with mobility limitations, musculoskeletal conditions, post-surgical rehabilitation, and age-related health conditions. Her experience includes developing exercise programmes, functional rehabilitation, and supporting clients to improve their strength, balance, mobility, and independence. She has also participated in community health initiatives and educational programmes focused on promoting healthy ageing and wellbeing among older adults.