

Ellen Owen, Senior Support Coordinator at Rockdale for Independent Living



Ellen previously worked at Cheshire Homes, a residential care home for adults with learning disabilities for 13 years as a Care Assistant and was also a Health Care Assistant at Sevenoaks Hospital Outpatients for 10 years, which gave Ellen a wealth of experience in sensitive communication skills both with members of the public and medical professionals and became extremely experienced in being sympathetic to challenging situations.

Malcolm, Ellen's husband, suggested she apply for a Support Worker role at his place of work, Rockdale. Ellen was the successful candidate and started in 2011 in her new role as Support Worker, later to become Support Coordinator and she celebrates 12 years at Rockdale, progressing her career at Rockdale to Senior Support Coordinator, managing a team of 5.

Ellen said, **'It has been a very happy 12 years and I feel extremely lucky. No day is the same; I love the variation of the job. It gives me great pleasure to work with older people ensuring there is a variety of activities and events available for all to enjoy whilst providing the care and support the older people in our community deserve'**.

Ellen has seen much growth at Rockdale, with the build of the new care home, Rockdale House, new apartments at Summerbank and the new and the converted Laurie House, formerly the original care home, refurbished to apartments. Rockdale provides independent living accommodation for around 200 residents at the top of Sevenoaks High Street in Kent where Ellen manages the Support Coordinator team. Rockdale also provides a 50-bed care home.

Most memorable experience

A street party from all the decades was a very happy and memorable experience to celebrate the Queen's 90th Birthday (see right).

What skills do you need for the job?

To be understanding, caring, flexible, calm, confident and be able to prioritise. Above all, to be a happy person.

Ellen's Motto: No such thing as I can't!

