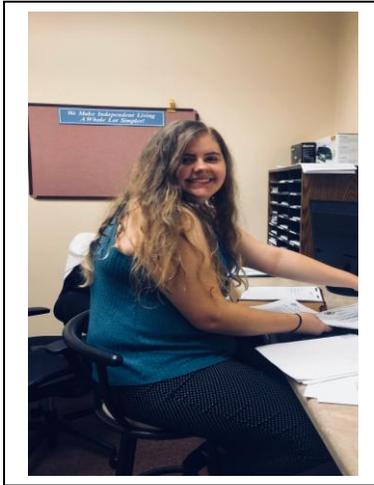


Sarah Womack

Aspiring Physical Therapist



My experience at Comfort Keepers was very rewarding. I was able to learn all aspects of how to run a business. Comfort Keepers is a company that provides home health care for clients around Northeast Florida. At Comfort Keepers, there is an office manager, scheduler, human resources, head caregiver, caregivers and the owner of Comfort Keepers. My mentor was Neeta Pubbi and she introduced me to other personnel who helped and assisted me during my internship.

When the company finds a potential client, the head caregiver goes out to the residence and assesses the home. The head caregiver, during this assessment, surveys the house and evaluates whether the home is safe for the caregivers and meets the requirements for becoming a client. After the assessment when the head caregiver decides the home is safe, the scheduler will connect a caregiver to a client depending on which days each caregiver can work. Then after the week is over, the company will pay the required amount to the caregiver. If the company gains too many new clients, human resources will employ more caregivers to care for the new clients. At Comfort Keepers I was also able to watch and experience how this process worked.

My favorite part of working at Comfort Keepers was going on the assessments with the head caregiver, to go see the clients. The clients were always so nice and welcomed us into their homes. We made visits to homes but we also made visits to clients in nursing homes. During my internship experience, I was also able to work with human resources by making reference calls and sitting in on interviews.

Being an Annie Ruth foundation award recipient has helped me to better understand the process of physical therapy because during the assessments, the client fills out a plan of care which shows what the client wants the caregiver to do while they are taking care of them. As a physical therapist you have to create your own plan of care for each patient to see what exercise you use to help them. This experience has prepared me to become a physical therapist by showing me the different careers and the steps to getting a long term job. It has prepared me for how to treat patients and how to conduct an interview, create a business resume, and how to present myself. It also helped me to understand the various needs and wants of the patients. I feel that this experience was instrumental in preparing me for the future.