# **JoDD**

#### Journal on Developmental Disabilities

Volume 30 Number 2, 2025 On-Line First

### **Caring Hands: For Direct Support Professionals**

#### **About the Author**

Katelyn Provo has dedicated over 14 years to working as a Residential Care Worker in Dartmouth, NS.

Katelyn is passionate about helping people. Katelyn is a graduate of the Disability Support Professional Program at Nova Scotia Community College and additionally has a Child and Youth Care certificate and a Continuing Care certificate. These achievements have led to her stepping into a new role as a Navigation Support Guide.

Katelyn is committed to promoting a culture of inclusion and respect and is a proud active member of her workplace's Diversity, Equity, and Inclusion (DEI) committee, where she advocates for everyone to feel safe, valued, and respected.

Outside of her professional life, Katelyn enjoys practicing yoga, spending quality time with her family and caring for her pets, in addition to writing poetry.



## **Caring Hands**

Caring hands, a gentle guide
Where hearts of kindness do reside
Support is given, clear and true
For every need that comes to view

I am there when help is needed most
A steady presence, calm and close
With open ears and a heart that's free
I listen first and then I see

Not by the diagnosis, we define
But by the person, soul, and mind
With empathy I take the time
To understand your rhythm and your rhyme

With every gesture, kind and slow I help you thrive; I help you grow Your laughter rings a gentle cheer Your heart so pure and so sincere

Through every moment, dark or bright
I bring a spark, you bring a light
More than just support or care
I am someone who shows that I'll always be there

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