

Aged Care Services

What **YOU** can expect.



Comprehensive in-home support tailored to your needs.

My Guardian offers a wide range of aged care services designed to support you in your daily life. From personal care to specialised health services, we are here to provide you with the help you need, when you need it, ensuring your independence and comfort at home.

Our full range of services includes:

- ✓ **Personal Care:** Assistance with grooming, bathing, dressing, and mobility support to help you feel comfortable and independent.
- ✓ **Domestic Assistance:** Cleaning, laundry, and other household chores to ensure a safe and tidy home.
- ✓ **Meal Preparation:** Enjoy healthy, home-cooked meals tailored to your tastes and dietary needs.
- ✓ **Nursing & Allied Health Services:** Skilled nursing care, including medication management, wound care, and health monitoring.
- ✓ **Physiotherapy & Occupational Therapy:** Improve your mobility and strength through tailored therapy plans.
- ✓ **Respite Care:** Temporary relief for care workers while ensuring continuity of care for you or your loved one.
- ✓ **Palliative Care:** Focused care to improve comfort and quality of life for individuals with serious illnesses or at the end of life.
- ✓ **Companionship & Social Support:** Helping you stay connected through companionship, social outings, and community participation.
- ✓ **Home Maintenance:** Help with gardening, repairs, and safety modifications to ensure your home remains comfortable and safe.
- ✓ **Transportation:** Safe and reliable transport to appointments, errands, and social events.



Why choose My Guardian?

Our goal is to help you live your life to the fullest, with a range of flexible services designed around your needs. We believe in delivering quality, compassionate care that makes a real difference in your everyday life.