

## Aged Care

# What **YOU** can expect



### Independence with personalised care

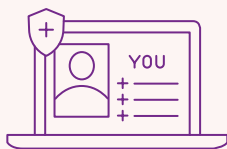
We know that we are each going to grow old some day and require the extra help we need or an extra pair of hands around the house. This is where My Guardian comes in.

At My Guardian, we provide compassionate aged care services designed to help individuals live independently in the comfort of their own homes. Our mission is to enhance your quality of life by tailoring our services to your specific needs, ensuring your dignity and independence are maintained.

### Services we offer

- ✔ **Personal Care:** Help with bathing, dressing, grooming, and mobility.
- ✔ **Nursing Care:** Medication management, wound care, and health monitoring by qualified nurses.
- ✔ **Domestic Assistance:** Cleaning, laundry, and household chores to keep your home comfortable.
- ✔ **Meal Preparation:** Nutritious, home-cooked meals suited to your dietary needs and preferences.
- ✔ **Companionship & Social Support:** Helping you stay connected with activities, outings, and companionship.
- ✔ **Respite Care:** Temporary relief for care workers, providing you or your loved one with professional care.
- ✔ **Palliative Care:** Comfort-focused care to improve quality of life for individuals with serious illnesses or those nearing the end of life.
- ✔ **Transportation:** Safe and reliable transport for appointments and social activities.

### Why choose My Guardian?



#### Tailored Care Plans

Our care plans evolve with your changing needs.



#### Skilled Care Workers

Our staff are highly trained and passionate about providing quality care.



#### Flexible Support

We provide the support you need when you need it, ensuring your independence is preserved.