



# *“Finally - a Book that Shows You How to Look After your Ageing Parents, while they continue Living in their Own Home..”*

**YOU MAY THINK** it’s all too much looking after your ageing parents and managing their daily needs at the same time.

And what about keeping them safe and secure in their own home without sending them to an aged-care home?

So where do you start to find all the government support services and practical links to help make it all happen?

Ageing at Home has been written by Amanda Garrett, an Australian Registered Nurse with over 28 years experience. You’ll find all the information you’ll need and more in this powerful new book.

## *Saving you time..*

### **Topics covered include:**

- ▶ Dealing with Local GPs
- ▶ Falls & Mobility Aids
- ▶ Personal Alarms
- ▶ Aged Care Assessments
- ▶ Nutrition & Medication
- ▶ Powers of Attorney
- ▶ Respite & Carers
- ▶ A Guide to Jargon
- ▶ Updates & Bonuses
- ▶ Plus a whole lot more ....

*"If you have elderly parents, and wish to help them keep their independence as long as possible - then you need to buy this book.*

*It really helps to find a single book that not only shows us where to go in order to get the help we (and our parents) need, but also includes stories from others who have faced similar problems and found solutions."*

*John Kumm, Melbourne.*

*"All my Mum wanted was to stay at home. I felt I let her down, because I didn't know how to find help for her.*

*You would think this stuff wouldn't be too hard to find, but boy, was I wrong!*

*So I've written this book to help prevent the same thing happening to you."*



*Amanda Garrett with her Mum, Shirley*

*"I have to admit I cried at my failure to really help Mum stay at home. I felt like it was all my fault...."*

Born and raised in Melbourne Australia, Amanda Garrett has been a highly qualified Australian Registered Nurse for over 28 years. Her upbringing helped forge the deep connection she shares with her parents, and the qualities of compassion and commitment she applies daily in her nursing career.

However, her nursing experience was recently put to the test when her Mother suffered a mild stroke. This event provided a catalyst for Amanda to write about her experiences, and the research she undertook to find the support needed to help her Mother stay at home.

[www.AgeingAtHome.com.au](http://www.AgeingAtHome.com.au)

EMAIL FOR MORE DETAILS - [info@ageingathome.com.au](mailto:info@ageingathome.com.au)

VISIT the website above to download the book straight into your email inbox, or simply order a paperback version to be posted out to you.

And make sure you check out the special bonuses that come with each purchase.