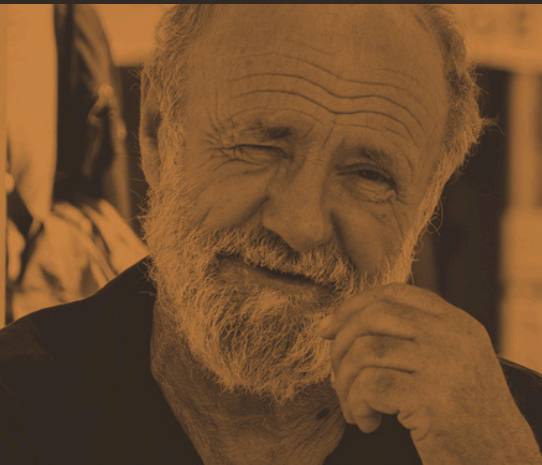


elder^{*} folks

Helping older
Australians age well,
with dignity, choice,
and care on their terms



Live Well at Home

Supporting you to live safely,
comfortably, and on your terms

At Elder Folks we believe your home should feel safe, familiar, and supportive so you can keep doing the things that matter most to you. Our occupational therapy team works alongside you to understand your daily life, your goals, and what would make things easier. Together, we create practical solutions that support your independence and confidence at home.

How we support you

We take the time to understand how you live day to day what's working well, and where you might need a little extra support.

Understanding your needs

We start with a comprehensive assessment of your daily activities like moving around your home, getting in and out of chairs, or managing personal care. From there, we work with you to find solutions that feel right for you and fit into your routine.

Make your home work for you

Sometimes small changes can make a big difference. We can recommend and organise home modifications that help you move safely and comfortably in your space, such as:

- Handrails and grab rails
- Safer bathroom access
- Improved lighting and layout

These changes are designed to reduce risk, increase confidence, and help you stay independent at home for longer.

Equipment to support your independence

If daily tasks are becoming more difficult, the right equipment can help. We'll recommend options that suit your needs and show you how to use them safely, such as:

- Mobility aids like walkers or wheelchairs
- Dressing and bathing aids
- Equipment to make everyday tasks easier

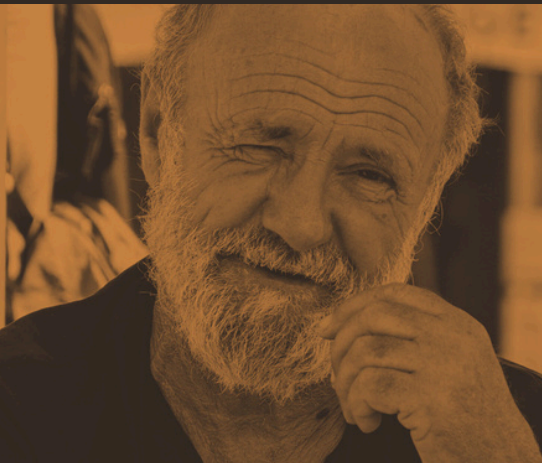
Our focus is always on helping you feel confident and capable in your daily life.

Call for an
appointment
1300 882 808

info@elderfolks.com.au
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Live Well at Home

Support for memory changes and dementia

If you're living with memory changes or dementia, we can help adapt your environment and routines to support you.

Our goal is to help you continue participating in meaningful daily activities, in a way that feels familiar and safe.

Staying connected to your community

Being part of your community matters. We can help you find ways to stay connected, whether that's getting out and about safely, or building confidence to take part in activities you enjoy.

Working with families and carers

We know support doesn't happen in isolation.

We work closely with families and carers, sharing practical guidance and strategies to make daily life easier—for everyone involved. This might include:

- Safer ways to support daily activities
- Understanding changes in health or behaviour
- Practical problem-solving strategies

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We're here to guide you

At Elder Folks, we don't just provide recommendations, we walk alongside you.

We listen first, explain things clearly, and work with you to create solutions that feel right for your life.

Because you deserve to feel safe, supported, and at home every day.