



*Planning for life changes*

Feel Supported - Avoid Stress - Save Time

## Quality life choices made easy!

Navigating life, particularly as we get older, can be complicated and stressful. While there are many options available to support our changing needs, reaching out to find the right solution at the right time can be overwhelming.

Age Well Solutions provides a unique and vital service in helping older Australians and their loved ones uncover the best options for quality aged care living. Founder and Director Sara Cook has many years of experience consulting in aged care as a registered nurse. She brings a wealth of knowledge and support to those in need.

With understanding and compassion, Sara can provide the solutions you need and highlight important considerations in making well-informed decisions.

**Aged Care Planning**

**Support to Stay at Home**

**Alternative Accommodation**

**Crisis Management**

**Placement & Respite Service**

**Case Management & Advocacy**

## Testimonial

I would like to highly recommend Sara Cook, whose services we used for our aged parents who had lived in their own home for over sixty years. It had become apparent they could not manage at home anymore as Dad was in and out of hospital and Mum needed respite as she had dementia. It was a highly emotional, complicated and stressful time for myself and my two sisters, and of course, Mum and Dad.

Sara's professionalism and sound knowledge of the aged care industry were invaluable to us at a very difficult time. She provided and guided us with the best financial contacts to navigate all the financial implications we were faced with, such as bond negotiation and choosing the right aged care facility for our parents. Sara handled all the negotiations towards their final placement after liaising with us.

Sara was patient, kind and understanding and we are so grateful and indebted to her for all she did for us. She lifted all the worry from us so we could focus on being with Mum and Dad in their time of need.

*Karen Emmett*



**SARA COOK**  
DIRECTOR

RN, Grad Dip Community Nursing  
Grad Dip Cancer Nursing  
Master of Business Management

*Get in touch today!*

**1800 314 449**

email [info@agewellsolutions.com.au](mailto:info@agewellsolutions.com.au)  
website [www.agewellsolutions.com.au](http://www.agewellsolutions.com.au)

