

# Support



Thinking about a lifestyle with a little more support, either for yourself or a loved one? It can be tough to know where to begin. Use these questions as a starting point to explore the support services that might be the right fit.

## What types of support services would help lighten the load day-to-day?

Services can include daily meals provided, regular domestic help, support with personal care, transport to health services.

---

---

---

---

## What extra care in and around your home would offer added peace of mind?

This can include onsite care, 24/7 emergency call system and an in-house GP or registered nurse.

---

---

---

---

---

## What are some good questions to ask about care and support?

- |   |   |
|---|---|
| <input type="checkbox"/> What support care options are available to me? And how do I access them?             | <input type="checkbox"/> What events would be good to attend, to find out more? |
| <input type="checkbox"/> What's included in the service fees of a retirement village and serviced apartments? | <input type="checkbox"/> How can I get a preview of what life might be like?    |

These questions should kickstart your journey toward finding the support and services you might need.



Dive into the rest of the Retirement Living Guide for further recommendations and resources.



[aveo.com.au/retirement-living-guide](https://aveo.com.au/retirement-living-guide)