



**“Last week, I moved someone’s bed downstairs so they could get home from the hospital. It was that simple. She couldn’t come home till she could get to her bed.”**

Care + Repair Van Driver, Martin

Names have been changed and models have been used in some photographs.

**With your urgent gift today,  
our Care + Repair team can:**



Move furniture  
such as a bed  
to a sitting  
room or kitchen



Add draft  
excluders



Declutter  
a home for  
general safety



Install grab  
rails for the  
shower



Complete  
small jobs as  
required



Remove saddle  
boards from  
doorways so  
wheelchairs  
can get around  
easily



Pin down  
carpet or old  
lino that has  
become a trip  
hazard

Remove trip  
hazards in  
the home and  
garden



Carry out  
minor repairs  
or installations



Fix locks and  
bolts on doors

Clear walkways

**And so much more!**

**This Christmas, your donation can  
help people get home from hospital.**

Charity No. CHY 10583

**This Christmas,  
help older people in  
hospital get home.**



**Donate to help our Care + Repair team  
make people’s homes safe for their return.**

**AgeAction**  
Age Equality



**Little adjustments to older people's houses can make a life-changing difference: making it possible for them to leave hospital and return home.**

Your support can help make people's houses safe again with any small jobs that need doing. These jobs include fitting grab rails in the shower, to prevent someone frail from falling. Moving someone's bed from an upstairs room to the sitting room, making it easier for them to access. Pinning down carpet that might be a trip hazard. Or decluttering a home so an older person can move about without the fear of doing themselves an injury.

**Your support can help perform a small miracle: helping an older person in hospital come home and be comforted by all the familiar things they love and cherish.**



**“Every house is different. Every story is different.”**

**Martin and Patrick, two members of our Care + Repair team, explain how small fixes to houses can get people home from the hospital from Donegal to Cork.**



“Every house is different. Every story is different. Recently, we put up two grab rails for a man who could no longer get into the shower after a stay in hospital. His wife wanted to get the bath taken out and changed to a walk-in shower. But she didn't have the money.

“We put a rail facing the shower head so her husband could hold on to it, and then one on the wall to help him in and out of the bath. So with two grab rails, it was like we regenerated the whole bathroom.

“You should have seen the look on her face when we had it done – she couldn't believe the difference it made.”



**“There's something healing about being in your own bed, surrounded by the things that matter most to you.”**

**A group of generous local businesses will match all gifts made by 10 January. So please donate today to double your impact.**

**Níl aon tinteán mar do thinteán féin. There's no fireside like your own.**

**Hospitals can be overwhelming, with constant noise and unfamiliar routines. It's natural to want to come home, where you can rest on your own terms and start to feel like yourself again. These quotes show just how much home means to the people we support:**



“I think the glen is beautiful, you know. It would be hard to leave. I'd be on my knees before I'd leave, I think.”

“I feel an enormous sense of attachment to my village. I've been living here for 29 years.”

“I've known nothing else...My family has been here for many generations and we'll be here for as long as we can.”

“I can walk around my house at night-time with no lights on in pitch-black darkness and I know every nook and cranny of it.”

**This Christmas, your urgent gift can help an older person return home from the hospital.**