

## **Introducing the Aromatherapy in Aged Care Education Guide**

Welcome to Aromatherapy in Aged Care Education Guide.

As nursing home facilities run 24 hours a day, not all staff can make it to an educational session, usually held during regular working hours. This package has been developed and written for staff in facilities with an aromatherapy program in place, or for those in facilities which would like to establish a more fundamental program for sleep and palliative care. This is the Guide to refer to when a Joyful Living Consultancy aromatherapist is off site or not available.

This Guide can be used as the main resource for staff on shift rosters or as a complementary resource for staff who have had a basic introduction to the program but still have questions, need a summary of what was offered as part of a presentation, or require more of a specific follow up. Although it doesn't give you qualifications in aromatherapy, the Guide will certainly improve your understanding, knowledge and appreciation of how essential oils can work effectively in an aged care environment with the right tools at hand.

The Aromatherapy in Aged Care Educational Guide contains valuable information on how to use essential oils safely and efficiently in a nursing home environment. The information is specifically relevant to the aged care industry. It has a simple layout, is easy to follow and has been designed for self paced learning through a straightforward self assessment at the end of each segment.

The Aromatherapy in Aged Care Educational Guide has been written by clinical aromatherapist Sana Turnock, who has been working in aged care since 1999. Sana has established many successful aromatherapy programs throughout the Perth metropolitan area.

I hope you enjoy learning about aromatherapy in aged care.

Aromatic wishes

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