



# Welcome to **Manly Hillside** Care Community



## **Discover why this could be your best move yet**

At Manly Hillside Care Community we encourage our residents to live a life of meaning and purpose – that's why understanding the big and the little details about how you like to live each day is important to us – so that we can help you feel at home, have the right support and live your best life in our care.

Located in North Manly on Sydney's Northern Beaches, our care community is well known in the region for providing dedicated care exclusively for women who are living with dementia. Our unique home offers a calm and soothing environment where residents receive compassionate and personalised care. With well-appointed living spaces indoor and outdoors, there's always a peaceful spot for residents to enjoy visits with family and friends.

Ageing is living

# Experience the Opal HealthCare difference at Manly Hillside



## Daily life

Our home is a warm and inclusive place where we support residents to actively engage in daily activities in a safe and family environment. We enjoy close ties with our local community and encourage our residents love to stay connected with family and friends. Our expert care includes using memory supports and reminiscence therapy to help residents to live with meaning and purpose every day.

It's an environment where you're free to enjoy your interests, independently or with others, continue to learn and try new things, and participate in our home life – so you can enjoy your day, your way.



## Health & wellbeing

- Fresh, seasonal menus
- Dedicated lifestyle team onsite
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Opal bus for community outings
- Memory supports
- Active community engagement



## Home

- Comfortable rooms with king single bed, bedside table, armchair, robe, flat screen TV, soft furnishings
- 2 room types, single with ensuite or companion, up to 42m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Welcoming communal spaces



## Care

- Registered nurses onsite 24/7
- Experienced leadership, qualified and capable team
- Fresh and nutritious chef prepared meals
- Primary and allied health available
- Secure memory care neighbourhood
- Sensory garden
- Permanent, respite, dementia and palliative care

## Get in touch

Our dedicated relationship management and admissions support team are here to walk you through the often daunting process of choosing and moving into aged care.

**Our purpose is to bring joy to those we care for.**

**Phone:** 02 8925 6400

**Email:** [manlyhillside@opalhealthcare.com.au](mailto:manlyhillside@opalhealthcare.com.au)

**Address:** 4 Austral Avenue, North Manly, NSW, 2100

**Website:** [opalhealthcare.com.au](http://opalhealthcare.com.au)

Part of the  **Opal HealthCare** family