



# Welcome to **Narrabeen Glades** Care Community



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

At Narrabeen Glades 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 on the beautiful northern beaches of Sydney set among eucalyptus glades, our home has easy access to local shops and amenities. Northern Beaches Hospital is within a 15-minute drive. Offering a warm and inclusive environment, our home features a brand new extension opening in November 2020, with spacious and light-filled rooms, our in-home Treetops Café, bushland views and state-of-the-art technology. It includes an in-home wellness centre, with expert physiotherapists, exercise physiologists and occupational therapists from our partner, Healthstrong Wellness, providing personalised programs for residents to achieve mobility, independence or wellbeing goals.

Ageing is living

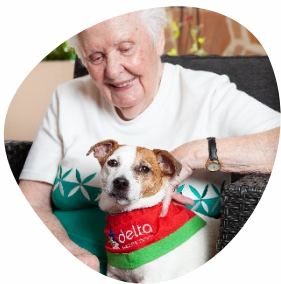
# Experience the Opal HealthCare difference at Narrabeen Glades



## Daily life

Community is at the heart of our home and family, friends and visitors are warmly welcomed. We're pet friendly and our resident dog Pricilla is a favourite, bringing delight and companionship to residents. Our music lovers enjoy playing our piano or participating in our ukulele group. Others spend time in the garden, chat to family via Zoom, do art therapy or arrange flowers.

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

- Seasonal menus and regular happy hour
- 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
- On-site wellness centre offering individual reablement programs run by qualified physiotherapists opening in November 2020



## Home

- Modern rooms with single bed, bedside table, armchair, robe, flat screen TV, soft furnishings
- 2 room types, single or companion, up to 29m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Café onsite
- 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.**

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Part of the  Opal HealthCare family