



Welcome to **Meadow Heights** Care Community



Discover why this could be your best move yet

At Meadow Heights 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.

Our Care Community is warm and welcoming, set among nearby parkland, reserves and the Greenvale Reservoir, just 30 minutes north of the Melbourne CBD. A feature of our well-appointed home is a central courtyard, a peaceful place to socialise with friends and family, or enjoy moments of quiet reflection. We have a memory care neighbourhood which provides a safe and inclusive environment for residents who are living with dementia. Our diverse mix of cultural heritage is a point of connection for residents and team, and our companion model of care fosters a sense of family and belonging among residents.

Ageing is living

Experience the Opal HealthCare difference at Meadow Heights



Daily life

Our Care Community is a happy and loving place for people from all walks of life. When the sun's out residents put their green thumbs to work in our raised garden beds and enjoy harvesting the fresh produce for our chef to cook up delicious cuisine from around the world. Our resident-run Hands of Friendship program helps new residents to adapt to life in our home, and there is plenty to do with arts, craft and music all popular pastimes

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 Meadow Heights 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 HealthCare bus for community outings



Home

- Traditional style rooms with single bed, bedside table, armchair, robe, flat screen TV, soft furnishings
- 3 room types, single or companion, up to 24m²
- Some single rooms feature a private ensuite
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Hair salon
- Welcoming communal spaces



Care

- Registered nurses onsite 24/7
- Experienced leadership and 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