



# Welcome to **Ashfield Terrace** Care Community



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

At Ashfield Terrace 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.

Centrally located in the inner west, our Care Community is complemented by a lifestyle where residents can socialise at our onsite café, enjoy being pampered in our beauty salon, or soak up the sweeping district views from one of our many terraced balconies.

Staying active is important to our residents and many attend our in-home wellness centre. An expert team of physiotherapists from our wellness partner, Concentric Rehabilitation, are here to help residents achieve their mobility, independence or wellbeing goals.

**Ageing is living**

# Experience the Opal HealthCare difference at Ashfield Terrace



## Daily life

We're a happy and sociable community of people, so occasions like cheese and wine evenings, BBQs, and happy hours are part of the rhythm of our Care Community.

Our piano is a drawcard for music lovers, enjoying singalongs or simply relaxing and listening to tunes from across the ages.

Regular Coffee Club sessions give residents and families opportunities to connect and learn about health and ageing with expert guests.

With us, you're free to enjoy your interests, independently or with others, continue to learn and try new things, and participate in Ashfield Terrace life – so you can enjoy your day, your way.



## Health & wellbeing

- Friendship and connection through Meaningful Mates
- Seasonal menus and cooking classes
- Music, art and pet therapy
- Cultural and faith-based community supports
- Dedicated Opal HealthCare bus for community outings
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends



## Home

- Modern rooms feature king single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 6 room types, all singles with ensuite
- Spacious rooms, up to 39m<sup>2</sup>
- Well-appointed lounge and dining areas
- Landscaped gardens and courtyard area
- Function space



## Care

- Registered nurses onsite 24/7
- Experienced leadership, qualified and capable team
- Primary and allied health
- Sensory gardens and memory supports
- Permanent, respite, dementia and palliative care
- Wellness Centre for reablement and restorative 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