



# Welcome to **Killara Glades** Care Community



## Discover why this could be your best move yet

At Killara 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.

Surrounded by eucalyptus glades overlooking the Garigal National Park, our friendly and welcoming Care Community is located in the leafy Upper North Shore of Sydney. We're close to local shops and cafes, with the retail centre of Chatswood and major hospitals and health amenities within easy reach. Our well-appointed Care Community features generous lounge areas inside, and peaceful courtyards and gardens outside, ideal for spending time with loved ones, or moments of quiet reflection. We nurture close ties with the local community, including our neighbouring retirement village, and are known for our expert care and warm hospitality.

**Ageing is living**

# Experience the Opal HealthCare difference at Killara Glades



## Daily life

We're pet friendly people and welcome visits from animals of all varieties who bring delight and companionship to all. Our keen gardeners enjoy tending plants and growing herbs in raised garden beds, and there's always arts, craft or musical pursuits on the go among our creative residents. Known for our delicious food, our chef and residents choose weekly menus together so that everyone can enjoy the food they love.

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 Killara Gardens life – so you can enjoy your day, your way.



## Health & wellbeing

- Seasonal menus and regular happy hour
- Dedicated lifestyle team onsite
- Music, art and pet therapy
- Social activities
- Dedicated Opal HealthCare bus for community outings
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- On-site wellness centre coming in 2021 offering individual reablement programs run by qualified physiotherapists



## Home

- Modern rooms with king single bed, bedside table, armchair, robe, flat screen TV and soft furnishings
- 3 room types, single with ensuite or companion, up to 28.5m<sup>2</sup>
- Well appointed lounge, dining and activity areas
- Landscaped gardens and courtyard area
- 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
- Sensory gardens
- 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 8467 3200

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

**Address:** 95 Stanhope Road, Killara NSW 2071

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

Part of the  **Opal HealthCare** family