



Welcome to **Norah Head** Care Community



Discover why this could be your best move yet

At Norah Head 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 between Budgewoi Lake and Norah Head beach, our Care Community is nestled in a quiet suburban street enjoying the best of both peaceful surrounds and easy access to the amenities of the Central Coast. Surrounded by leafy bushland, we offer the comforts of home in a warm and inclusive environment, particularly focusing on caring for people who are living with dementia. Our companion model of care encourages a sense of community, connection and belonging.

Ageing is living

Experience the Opal HealthCare difference at Norah Head



Daily life

Our care community is a happy and loving place for people from all walks of life. We're pet-friendly and welcome both visiting pets and 'e-pets' who bring delight and companionship to our residents. Armchair travel adventures are a popular way to see the world while supporting socialisation and reminiscence. We encourage our residents to participate in their interests, such as painting, music, or gardening experiences that support memory and cognition.

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 Norah Head life – so you can enjoy your day, your way.



Health & wellbeing

- Fresh seasonal menus
- Dedicated lifestyle team onsite
- Pet-friendly
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Access to Opal HealthCare bus for community outings



Home

- Comfortable rooms with single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 2 room types, single or companion with ensuite, up to 33m²
- Well-appointed lounge, dining and activity areas
- Accessible gardens and courtyard
- 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.

Phone: 02 4352 8900

Email: norahhead@opalhealthcare.com.au

Address: 63 Palomar Parade, Toukley NSW 2263

Website: opalhealthcare.com.au

Part of the  **HealthCare** family