



# Welcome to **Springwood Terrace** Care Community



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

At Springwood 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.

Located in the Logan community, just 20km south of Brisbane CBD, our Care Community is spacious and modern, with landscaped courtyard areas and generous lounge areas ideal for catching up with family and friends or enjoying moments of quiet reflection. Residents like to stay active at our onsite wellness centre, where a team of physiotherapists, exercise physiologists and occupational therapists support residents to achieve improved mobility, independence or overall wellbeing, all in the comfort of home. Our memory care neighbourhood offers memory supports and a sensory garden, providing a safe and inclusive environment for people who are living with dementia.

**Ageing is living**

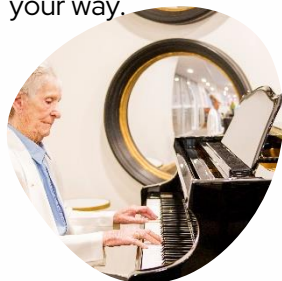
# Experience the Opal HealthCare difference at Springwood Terrace



## Daily life

Our Care Community tends to be filled with music and laughter, as our many music enthusiasts enjoy singing or playing instruments, including our grand piano. Our team members' pets are regular visitors and provide delight and companionship to our residents. Our chef regularly fires up the BBQ so that everyone can enjoy lunch, good food and sunshine in the company of friends. We nurture connections in the local community including with local schools.

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 Springwood Terrace life – so you can enjoy your day, your way.



## Health & wellbeing

- Fresh and nutritious chef prepared meals
- Seasonal menus
- Regular happy hour
- Dedicated lifestyle team onsite
- Pet, art and music therapy
- Active local community engagement
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Opal HealthCare bus for community outings
- Wellness centre for reablement and restorative care



## Home

- Modern rooms with king single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 7 room types, single with ensuite or companion, up to 29m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Café onsite
- Hair salon
- Welcoming communal spaces



## Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- 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:** 07 3722 9400

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

**Address:** 266- 270 Parfrey Road, Springwood QLD 4127

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

Part of the  **HealthCare** family