



# Welcome to **Bankstown Terrace** Care Community



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

At Bankstown 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.

Our Care Community is modern, welcoming, elegant and full of life. Our excellent clinical care is complemented by a lifestyle where residents can socialise with friends and family at our onsite café, enjoy being pampered in our beauty salon, or soak up the district views from one of our many outdoor terraces.

Our Wellness Centre provides in-home rehabilitation services, and we have two memory care neighbourhoods and a memory garden for residents who are living with dementia.

**Ageing is living**

# Experience the Opal HealthCare difference at Bankstown Terrace



## Daily life

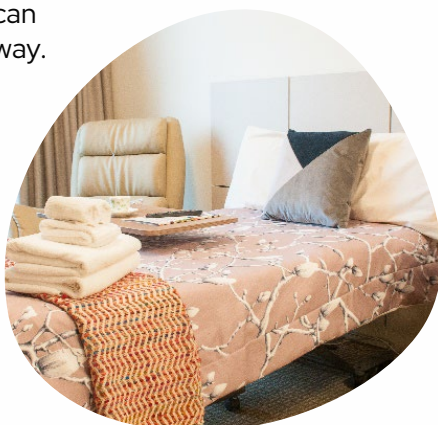
We encourage our residents to pursue their interests, whether it be painting or art classes, singing in our resident choir, or enjoying our Virtual or Augmented Reality experiences that support cognition and reminiscence. We have an active group of card players who gather around our card table each afternoon for friendly competition, and our men's group enjoy visits to the sports club next door for a drink and a yarn.

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



## Health & wellbeing

- Seasonal menus
- Dedicated lifestyle team onsite
- 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
- In-home Wellness Centre for reablement and restorative care



## Home

- Modern rooms feature single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 3 room types, all spacious single rooms with ensuite, up to 22m<sup>2</sup>
- Large terraced balconies
- Well-appointed lounge, dining areas and activity areas
- Landscaped courtyard garden
- On-site café
- Hair salon



## Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- Fresh and nutritious chef prepared meals
- Primary and allied health available
- Two secure memory care neighbourhoods
- Sensory gardens and memory supports
- 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.

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