



# Welcome to **Winston Hillside** Care Community



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

At Winston Hillside 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 beautifully designed, modern home offers luxurious spaces inside and out for residents and their visitors to enjoy. At the centre of our care is the very best in support for people who are living with dementia. We have a memory care neighbourhood and sensory garden for residents to safely enjoy with family and friends. Our Care Community features an onsite wellness centre providing a team of physiotherapists, exercise physiologists and occupational therapists to help residents achieve improved mobility, independence or overall wellbeing, all in the comfort of home.

Ageing is living

# Experience the Opal HealthCare difference at Winston Hillside



## Daily life

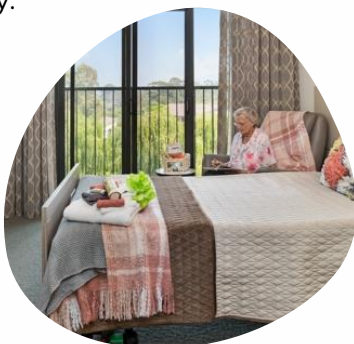
Our Coffee Club regulars enjoy catch ups with their Meaningful Mates, a program where our team members foster personal friendships with our residents. We have an active social club who run movie nights, and others who enjoy working on art and craft projects. Many residents are keen gardeners who put their green thumbs to work in our elevated garden beds. And there are plenty of warm welcomes for visiting pets who bring comfort and companionship to residents.

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 Winston Hillside life – so you can enjoy your day, your way.



## Health & wellbeing

- Fresh and nutritious chef prepared meals
- Seasonal menus
- Regular happy hour
- Pet, music and art therapy
- Dedicated lifestyle team onsite
- 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
- 6 room types, single and companions with ensuites, up to 29m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and terraces
- 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.**

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Part of the  **HealthCare** family