



# Welcome to **Carine Parkside** Care Community



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

At Carine Parkside Care Community we encourage our residents to live a life of meaning and purpose. That's why understanding the big and the little things about how you like to live each day is important to us – so we can help you feel at home, have the right support and live your best life in our care.

Located 15 minutes northwest of Perth, we are well-positioned near the stunning shores of North Beach, Karrinyup Shopping Centre and neighbouring parklands, with ample public transport options. Our Care Community is nestled amongst mature trees and manicured gardens, with spacious outdoor areas and a playground for children. We have beautifully appointed dining areas, huge living spaces and access to large outdoor courtyards and balconies throughout, offering the best of Perth living. We have two secure Memory Care Neighbourhoods with a memory garden.

**Ageing is living**

# Experience the Opal HealthCare difference at Carine Parkside



## Daily life

Our grand piano is a drawcard for music lovers to enjoy singalongs or simply relax and listen to well-loved tunes. Staying active is important to our residents and many attend our onsite Wellness Centre. An expert team of physiotherapists, exercise physiologists and occupational therapists are here to help our residents achieve their mobility, independence or wellbeing goals.

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 – so you can enjoy your day, your way.



## Health & wellbeing

- Seasonal menus
- Dedicated wellbeing team onsite
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Cycling Without Age outdoor experiences
- Bus outings
- Wellness Centre for reablement and restorative care



## Home

- Modern single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge, dining and activity areas
- Landscaped courtyards with outdoor seating
- Café with barista-style coffee
- Hair salon
- Welcoming communal spaces



## Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- On-site Chef preparing fresh and nutritious meals
- Primary and allied health available
- Memory Care Neighbourhood
- Memory garden
- Permanent, respite, dementia and palliative care



## Get in touch

Our dedicated relationship management and admissions support team is 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: 08 9378 5500

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

Address: 29 Silica Road, Carine WA 6020

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

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