



# Welcome to **Killara Glades** Care Community



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

At Killara Glades 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.

Surrounded by eucalyptus trees overlooking the Garigal National Park, our friendly and welcoming Care Community is located in Sydney's leafy Upper North Shore. We're close to local shops and cafes, with the retail centre of Chatswood and major hospitals and health amenities within easy reach. Our well-appointed Care Community features generous lounge areas, and peaceful courtyards and gardens, ideal for spending time with loved ones, or moments of quiet reflection. We nurture close ties with the local community, including our neighbouring retirement village, and are known for our expert care and warm hospitality.

**Ageing is living**

# Experience the Opal HealthCare difference at Killara Glades



## Daily life

We're pet-friendly people – visits from animals of all varieties bring delight and companionship to all. Our keen gardeners enjoy tending plants and growing herbs in raised garden beds, and our creative residents enjoy art, craft and musical pursuits. Known for our delicious food, our chef and residents choose weekly menus together so everyone can enjoy the food they love.

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
- Music, art, entertainment and events
- Social activities that encourage friendship and connection
- Bus outings
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends



## Home

- Modern single and companion bedrooms featuring bedside table, armchair, robe, flat screen TV and soft furnishings
- Well-appointed lounge, dining and activity areas
- Landscaped courtyards with outdoor seating
- Hair and beauty 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 including physiotherapy
- Sensory gardens
- 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:** 02 8467 3200

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

**Address:** 95 Stanhope Road, Killara NSW 2071

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

Part of the  **Opal HealthCare** family