



Welcome to **Manly Hillside** Care Community



Discover why this could be your best move yet

At Manly Hillside 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 in North Manly on Sydney's Northern Beaches, our Care Community is well known in the region for providing dedicated care exclusively for women who are living with dementia. We offer a calm and soothing environment where residents receive compassionate and personalised care. With well-appointed living spaces indoor and outdoors, there's always a peaceful spot for residents to enjoy visits with family and friends.

Ageing is living

Experience the Opal HealthCare difference at Manly Hillside



Daily life

Our Care Community is a warm and inclusive place where we support our residents to actively engage in daily activities in a safe, family environment. We enjoy close ties with our local community and encourage our residents to stay connected with family and friends. Our expert care includes using memory supports and reminiscence therapy to help residents to live with meaning and purpose every day.

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
- Bus outings
- Memory supports
- Active community engagement



Home

- Comfortable single and companion bedrooms featuring bedside table, armchair, robe, flat screen TV, soft furnishings
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard with outdoor seating
- 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
- Memory Care Neighbourhood
- Sensory 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.

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Part of the  **Opal HealthCare** family