



# Welcome to **Meadow Heights** Care Community



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

At Meadow Heights 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.

Our warm and welcoming Care Community is close to parklands, reserves and the Greenvale Reservoir, just 30 minutes north of the Melbourne CBD. Our central courtyard is a peaceful place to socialise with friends and family, or enjoy moments of quiet reflection. We have a Memory Care Neighbourhood which provides a safe and inclusive environment for residents who are living with dementia. Our diverse mix of cultural heritage is a point of connection for residents and team, and our companion model of care fosters a sense of family and belonging.

Ageing is living

# Experience the Opal HealthCare difference at Meadow Heights



## Daily life

Our Care Community is a happy and loving place for people from all walks of life. When the sun's out residents put their green thumbs to work in our raised garden beds and enjoy harvesting fresh produce for our chef to cook up delicious meals. Our resident-run Hands of Friendship program helps new residents to adapt to life in our Care Community, and there is plenty to do with arts, craft and music all popular pastimes.

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



## Home

- Traditional-style single and companion bedrooms featuring bedside table, armchair, robe, flat screen TV, 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
- 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