



# Welcome to **Nambour Gardens** Care Community



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

At Nambour Gardens 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.

Nestled in the sub-tropical hinterland of the Sunshine Coast, our charming Care Community is located just minutes from Nambour General Hospital and is well positioned to access the best that the hinterland has to offer. Our pretty gardens are a feature of our Care Community and our chef uses our home-grown produce to make delicious fresh cooked meals. We have strong community ties in Nambour and surrounds and are known for our expert care and welcoming hospitality. Our companion model of care fosters a sense of family and belonging among residents.

Ageing is living

# Experience the Opal HealthCare difference at Nambour Gardens



## Daily life

Our residents love being connected to our local community and our knitters proudly contribute to local and national causes. We encourage residents to pursue their interests, be it art, gardening, music, or enjoying Virtual or Augmented Reality experiences that support cognition and reminiscence.

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
- Bi-weekly community BBQs for fun and friendship
- Regular animal visits bring smiles
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Bus outings
- Intergenerational programs with schools and playgroups
- Men's Club brings companionship and purpose



## Home

- Modern single and companion bedrooms featuring bedside table, armchair, robe, TV, soft furnishings
- Well-appointed lounge, dining and activity areas
- Landscaped courtyards 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
- 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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