



# Welcome to **Narrabeen Glades** Care Community



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

At Narrabeen 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.

Located on the beautiful northern beaches of Sydney and set among eucalyptus glades, our Care Community has easy access to local shops and amenities. Northern Beaches Hospital is within a 15-minute drive. Offering a warm and inclusive environment, our Care Community features spacious and light-filled rooms, our in-home Treetops Café, bushland views and state-of-the-art technology. It includes an in-home Wellness Centre, with expert physiotherapists, exercise physiologists and occupational therapists from our partner, Healthstrong Wellness, providing personalised programs for residents to achieve mobility, independence or wellbeing goals.

Ageing is living

# Experience the Opal HealthCare difference at Narrabeen Glades



## Daily life

Community is at the heart of our Care Community and family, friends and visitors are warmly welcomed. Our residents' pets are welcome, bringing delight and companionship. Our music lovers enjoy playing our piano or participating in our ukulele group.

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
- 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
- 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