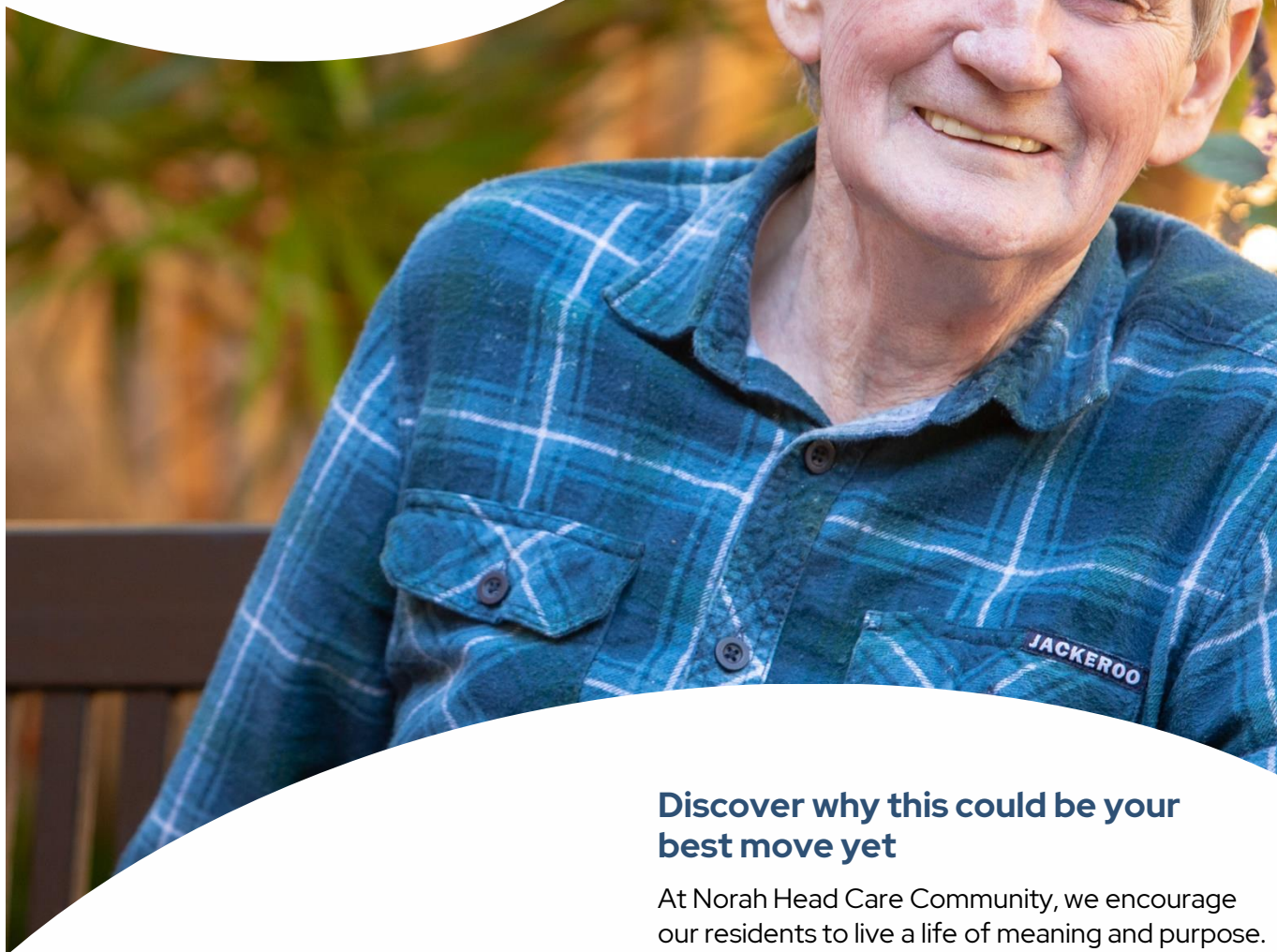




Welcome to **Norah Head** Care Community



Discover why this could be your best move yet

At Norah Head 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 between Budgewoi Lake and Norah Head Beach, our Care Community is nestled in a quiet suburban street with easy access to the amenities of the Central Coast. Surrounded by leafy bushland, we offer the comforts of home in a warm and inclusive environment, particularly focusing on caring for people who are living with dementia. Our companion model of care encourages a sense of community, connection and belonging.

Ageing is living

Experience the Opal HealthCare difference at Norah Head



Daily life

Our Care Community is a happy and loving place for people from all walks of life. We're pet-friendly and welcome both visiting pets and 'e-pets' who bring delight and companionship to our residents. Armchair travel adventures are a popular way to see the world while supporting socialisation and reminiscence. We encourage our residents to participate in their interests, such as painting, music, or gardening experiences that support memory and cognition.

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
- Pet-friendly
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Bus outings



Home

- Comfortable single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge, dining and activity areas
- Accessible gardens and courtyard
- 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