



# Welcome to **Quakers Hillside** Care Community



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

At Quakers 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.

Centrally located in Sydney's Hills District, our Care Community is close to local shopping precincts, clubs and community groups. Our well-appointed outdoor and indoor living spaces are ideal for catching up with friends and family or enjoying quiet moments of reflection.

Our multipurpose room is popular for celebrating birthdays and special occasions. Our Memory Care Neighbourhood provides a safe and inclusive environment for residents who are living with dementia.

Ageing is living

# Experience the Opal HealthCare difference at Quakers Hillside



## Daily life

With close ties to our local community, many residents contribute to local charities through our long-standing knitting, gardening and men's groups. The diverse cultural backgrounds of our residents and team are part of the heart of our Care Community. Our chef is passionate about connecting food and culture and her decadent baklava is a favourite for morning tea. Regular connections with local school children are a wonderful way to nurture friendships and provide laughter and learning for everyone.

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

- Modern single and companion bedrooms with private ensuite bathroom
- 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