



Welcome to **Springwood Terrace** Care Community



Discover why this could be your best move yet

At Springwood Terrace 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 in the Logan community, just 20km south of Brisbane CBD, our Care Community is spacious and modern, with landscaped courtyard areas and generous lounge areas ideal for catching up with family and friends or enjoying moments of quiet reflection. Residents like to stay active at our onsite Wellness Centre, where a team of physiotherapists, exercise physiologists and occupational therapists support residents to achieve improved mobility, independence or overall wellbeing. Our Memory Care Neighbourhood offers memory supports and a sensory garden, providing a safe and inclusive environment for people who are living with dementia.

Ageing is living

Experience the Opal HealthCare difference at Springwood Terrace



Daily life

Our Care Community is filled with music and laughter, as our many music enthusiasts enjoy singing or playing instruments, including our grand piano. Our team members' pets are regular visitors and provide delight and companionship to our residents. Our chef regularly fires up the BBQ so that everyone can enjoy lunch, good food and sunshine in the company of friends. We nurture connections in the local community including with local schools.

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
- Music, art, entertainment and events
- Active local community engagement
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Bus outings
- Wellness centre for rehabilitation and restorative care



Home

- Modern single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Café with barista-style coffee
- 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