



Welcome to **Winston Hillside** Care Community



Discover why this could be your best move yet

At Winston 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.

Our beautifully designed, modern Care Community offers luxurious spaces inside and out for residents and their visitors to enjoy. At the centre of our care is the very best in support for people who are living with dementia. We have a Memory Care Neighbourhood and sensory garden for residents to safely enjoy with family and friends. Our Care Community features an onsite Wellness Centre providing a team of physiotherapists, exercise physiologists and occupational therapists to help residents achieve improved mobility, independence or overall wellbeing.

Ageing is living

Experience the Opal HealthCare difference at Winston Hillside



Daily life

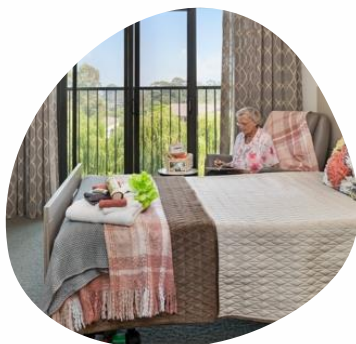
Our Coffee Club regulars enjoy catch ups with their Meaningful Mates, a program where our team members foster personal friendships with our residents. We have an active social club and those who enjoy working on art and craft projects. Many residents are keen gardeners who put their green thumbs to work in our elevated garden beds. And visiting pets who bring comfort and companionship to residents are always welcome.

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
- 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 terraces
- 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.

Phone: 02 9865 1800

Email: winstonhillside@opalhealthcare.com.au

Address: 226 Windsor Road, Winston Hills NSW 2153

Website: opalhealthcare.com.au

Part of the  **Opal HealthCare** family