



# Welcome to **Annandale Grove** Care Community



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**Ageing is living**

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

At Annandale Grove 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.

We're located in the peaceful, leafy heart of Sydney's inner west, with easy access to local cafes, transport options and the CBD.

Our Care Community is known for its warm and welcoming atmosphere, with cosy gardens, vibrant courtyards and a thriving edible kitchen garden where we take seasonal fruit and vegetables straight from pot to plate.

# Experience the Opal HealthCare difference at Annandale Grove



## Daily life

When the sun's out you'll see residents enjoying our light filled courtyards, chatting with family and friends, or enjoying our sensory gardens where there's always eggs to collect and tropical birds to admire. Our diverse mix of cultural heritage is a point of connection for residents and team, and is reflected in our menus. Music plays an important role in our days and we have an active group of card players who enjoy friendly competition.

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
- Cultural and faith-based community supports
- Bus outings
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Our companion model of care fosters a close sense of community and connection among residents.
- Thread Together partnership enabling residents to choose new clothing, free of charge.



## Home

- Comfortable single and companion bedrooms with bedside table, armchair, robe, flat screen TV and soft furnishings
- Single bedrooms with private ensuite bathroom
- Well-appointed lounge and dining areas
- Landscaped courtyards with outdoor seating
- 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 services available
- Sensory gardens and memory supports
- Permanent, respite, dementia and palliative care



## Get in touch

Our dedicated relationship management and admissions support team are 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