Welcome to **Ashfield Terrace** Care Community



Discover why this could be your best move yet

At Ashfield 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.

Residents at our Care Community can socialise at our onsite café, enjoy being pampered in our beauty salon, or soak up the sweeping district views from one of our many terraced balconies.

Staying active is important to our residents and many attend our in-home wellness centre. An expert team of physiotherapists from our allied health partners, are here to help residents achieve their mobility, independence or wellbeing goals.

Scan here for more images & information

Ageing is living

Experience the Opal HealthCare difference at Ashfield Terrace

Daily life

We're a happy and sociable community of people, so occasions like cheese and wine evenings, BBQs, and happy hours are part of the rhythm of our Care Community.

Our piano is a drawcard for music lovers who enjoy singalongs or simply relaxing and listening to tunes from across the ages.

Regular Coffee Club sessions give residents and families opportunities to connect and learn about health and ageing with expert guests.

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

- Social activities that encourage friendship and connection
- Seasonal menus and cooking classes
- 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

Home

- Modern single bedrooms with private ensuite bathroom
- Spacious rooms, up to 39m²
- Well-appointed lounge and dining areas
- Landscaped courtyards with outdoor seating

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
- Sensory gardens and memory supports
- Permanent, respite, dementia and palliative care
- Wellness Centre for reablement and restorative 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 8799 7000
Email: ashfieldterrace@opalhealthcare.com.au
Address: 8-10 Clissold Street, Ashfield, NSW 2131
Website: opalhealthcare.com.au

Part of the Opal HealthCare family