



# Welcome to **Ashmore Gardens** Care Community



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

At Ashmore Gardens Care Community we encourage our residents to live a life of meaning and purpose – that's why understanding the big and the little details about how you like to live each day is important to us – so that we can help you feel at home, have the right support and live your best life in our care.

Located in the quiet suburb of Ashmore, our residents enjoy the best of both worlds with a leafy, peaceful outlook just 10 minutes from the centre of the vibrant Gold Coast. Our lush tropical gardens can be enjoyed from many vantage points, including direct access from some resident rooms. Our onsite cafe is a hub for community connections and our family support group regularly gathers here.

In 2021 our wellness centre will open, offering rehabilitation and restorative care services from the comfort of home.

Ageing is living

# Experience the Opal HealthCare difference at Ashmore Gardens



## Daily life

Our care community truly comes to life hosting our annual Ashmore Gardens Night Market, bringing residents, team, family and friends together in a bustling marketplace offering local wares, delicious food and lively entertainment.

We have a thriving community of artists, crafters and a resident choir, while our green thumbs tend our gardens and take pride in nurturing our colourful flower beds.

With us, you're free to enjoy your interests, independently or with others, continue to learn and try new things, and participate in our home life – so you can enjoy your day, your way.



## Health & wellbeing

- Seasonal menus and cooking classes
- Dedicated lifestyle team onsite
- Music, art and pet therapy
- Cultural and faith-based community supports
- Dedicated Opal bus for community outings
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Wellness Centre for rehabilitation and restorative care (opening 2021)



## Home

- Traditional style rooms feature single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 3 room types, singles with ensuite or companion rooms, up to 24m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyards
- Function space
- Vibrant full service café
- Hair salon



## Care

- Registered nurses onsite 24/7
- Experienced leadership, qualified and capable team
- Fresh and nutritious chef prepared meals
- Primary and allied health
- 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  HealthCare family