



ABBEY HOUSE

Luxury Aged Care Living



THOMPSON
HEALTH CARE



Welcome to Abbey House

With **Over 50 Years of Excellence in Aged Care**, the Directors, Management and Staff at Thompson Health Care invite you to discover luxury in Aged Care Living.

Abbey House is nestled on a hilltop in Mittagong, surrounded by six acres of rural green pastures and bushland. Residents enjoy uninterrupted, panoramic views of the Southern Highland's peaceful, historic countryside.

Offering luxurious,
interior designed
accommodation
with 143 high care,
permanent and
respite places with
24 hour Registered
Nursing Care.

Enjoy the **spacious, beautifully appointed single and double suites**, each with its own private ensuite, large bay windows allowing natural light to flow in with views of the courtyards, surrounding gardens and the rural landscape.

Our team of dedicated, professional staff are passionate about providing the **highest standard of personal care and service** within a happy, safe and nurturing environment. We recognise individuality, personal interest and encourage independence.

Individual care plans are carefully devised and all residents have a choice of their own Doctor and onsite access to allied health professionals, including dental, physiotherapy, podiatry, optometry, massage and aromatherapy.



“Residents don’t live in our facilities,
we work in their homes”

Doug Thompson





DINING EXPERIENCE

Meals are prepared by our in-house professional chef using fresh, seasonal produce and served in one of our many dining rooms or as room service.

Residents are offered a choice of meals at breakfast, lunch and dinner to ensure all tastes are catered for. Our seasonal menu is dietitian-approved.



GARDENS AND COURTYARDS

Professionally landscaped designed gardens and courtyards provide plenty of outdoor space where residents can either sit and relax in the sun or share an afternoon tea with family and friends overlooking the rural landscape.



LIFESTYLE AND ENGAGEMENT

Our 7 Day Program is designed with our residents to maintain their health and wellness through a diverse range of activities. From exercise programs, including outdoor walks and games to high tea and happy hour, live entertainment, book club, art classes, relaxation and meditation, bus outings, plus more.

Additional features are our arts and craft room, in house cinema, hair and beauty salon, sandstone chapel and library, all amongst stunning modern interiors.

Residents can join as many activities as they wish or enjoy the privacy of their own suite.



CAFÉ

Our popular in-house cafe provides a place for residents and visitors to gather and socialise in the company of new friends.



Contact Abbey House

300 Range Road
Mittagong NSW 2575
(02) 4871 1085
theabbey@thc.net.au

Thompson Health Care Homes

Abbey House

300 Range Road
Mittagong NSW 2575
(02) 4871 1085

Bowral House

87-89 Kangaloon Road
Bowral NSW 2576
(02) 4862 8900

Macleay Valley Village

100 Macleay St
Frederickton NSW 2440
(02) 6561 0999

Tarragal House

107 Karalta Rd
Erina NSW 2250
(02) 4365 5066

Avalon House

14 John Street
Avalon Beach NSW 2107
(02) 9973 0900

Dural House

705 Old Northern Road
Dural NSW 2158
(02) 8410 0000

Milford House

2-4 Milford Street
Randwick NSW 2031
(02) 9398 3659

Terrey Hills Nursing Home

42 Booralie Road
Terrey Hills NSW 2084
(02) 9450 1719

Beecroft House

134 Beecroft Road
Beecroft NSW 2119
(02) 9876 3471

Hillview House

45 Hillview St
Woy Woy NSW 2256
(02) 4315 3100

Mona Vale House

33 Bassett Street (East)
Mona Vale NSW 2103
(02) 9910 7900

Turramurra House

34 Curagul Road
Turramurra NSW 2074
(02) 9144 2444

Boronia House

183 Boronia Rd
St Marys (North) NSW 2760
(02) 9833 5600

Macleay Valley House

80-114 Macleay Street
Frederickton NSW 2440
(02) 6561 0900

Oran Park House

1 Thompson Rd, Cnr
Dick Johnson Drive
Oran Park NSW 2570
(02) 4705 2100

Wahroonga House

31 Pacific Highway
Wahroonga NSW 2076
(02) 9847 2400



Head Office

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Gordon NSW 2072
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Thompson Health Care Homes
currently under construction at:

- St Ives
- Cheltenham
- Hornsby