



# ABBEY HOUSE

Luxury Aged Care Living





## 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

### 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

### Avalon House

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

### 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

### Beecroft House

134 Beecroft Road  
Beecroft NSW 2119  
(02) 9876 3471

### 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

### Boronia House

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

### Macleay Valley Village

100 Macleay St  
Frederickton NSW 2440  
(02) 6561 0999

### Tarragal House

107 Karalta Rd  
Erina NSW 2250  
(02) 4365 5066



## Head Office

Suite 20 Level 4, 924 Pacific Highway  
Gordon NSW 2072  
(02) 8467 9333  
reception@thc.net.au  
www.thompsonhealthcare.com.au

Thompson Health Care Homes  
currently under construction at:

- St Ives
- Cheltenham
- Hornsby