



Welcome to Estia Health Epping, our aged care home in northwest Sydney

Set on an acre, Estia Health Epping, previously known as 'The Poplars', is located on a quiet residential street with onsite parking and close to public transport and the green expanse of the adjoining Epping Oval.

The experienced team of clinicians, care and hospitality teams, many of them bilingual, look after all aspects of a resident's care including **clinical**, social and overall wellbeing and offer **dementia** and **palliative care** services, including a specific palliative care room, which can be accessed as **short-term respite care** or for a **longer stay**. The home has a Memory Support Unit to provide a safe and supportive environment for residents requiring additional support.

Daily activities are tailored to residents' interests and hobbies and the home offers a hairdressing and beauty salon, library room, gym room, regular bus trips and shopping excursions. Our onsite chef and their team cook meals fresh daily, based on residents' preferences and the café offers a barista service. Sun filled lounge areas and a private dining room provide a place for activities and get-togethers. Outside the home, residents enjoy the outdoor games area, landscaped garden and courtyards with raised garden beds, planters or pods and a designated barbeque area.





Care services

- Emergency care
- Short-term respite care
- Long-term care
- Dementia care
- Palliative care

Home features

- Cafe
- Private dining room
- Library
- Gym room with equipment
- Memory support unit with garden
- Hairdressing salon
- Landscaped courtyard
- Landscaped garden
- BBQ Area
- Outdoor games area
- Raised garden beds, planters or pods
- Onsite visitor parking

Location



“For myself as the only family carer the backup help and guidance from the administration team could not have been better. Plus from my mum's perspective she loved the care and attention she received every day. They made her feel very much at home. Now back home I am battling to keep up the the standards set.”

Family member ,

Room information

Premium single room

Refundable deposit: \$1,062,460
Or daily payment: \$222.68



Single room



Private ensuite



30 sqm



Air con.

This extra spacious room offers the ultimate comfort and privacy to create a warm and welcoming environment. With private ensuite bathroom, soft furnishings and the ability to personalise with your own home touches.

Single room

Refundable deposit: \$950,621
Or daily payment: \$199.24



Single room



Private ensuite



25 sqm



Air con.

This single room offers a comfortable and private space to call your own, with a private ensuite bathroom, soft furnishings, and the ability to add your own personal touches.

Single room

Refundable deposit: \$838,785
Or daily payment: \$175.80



Single room



Private ensuite



22 sqm



Air con.

This single room offers a comfortable and private space to call your own, with a private ensuite bathroom, soft furnishings, and the ability to add your own personal touches.

Single room

Refundable deposit: \$758,000
Or daily payment: \$158.87



Single room



Private ensuite



22 sqm



Air con.

This single room offers a comfortable and private space to call your own, with a private ensuite bathroom, soft furnishings, and the ability to add your own personal touches.

Enriching and celebrating life together

Estia Health Epping NSW
64-66 Norfolk Road, Epping, NSW, 2121
Existing Resident enquiries: 02 9877 4300
New Admission Enquiries: 1300 682 833

Some residents may be eligible for full or part subsidy of the accommodation fees. Please contact our Customer Enquiry Centre on 1300 682 833 to learn more.

Estia Health makes every effort to ensure that information is correct at the time of publishing. This brochure was prepared on 05/01/2026. Room images shown are for illustrative purposes only and may not be an exact representation of the room. Refundable deposit and daily payment pricing apply to each individual.