Tea Gardens



Welcome to Estia Health Tea Gardens, part of a family of our aged care homes located on the Mid North Coast of New South Wales



Estia Health Tea Gardens is a modern and stylish single-level home, surrounded by landscaped gardens and natural bushland. Located in a quiet residential area just off Myall Street, it sits in front of a small lake, alongside Tea Gardens Grande retirement living. Seen as a beautiful and quiet area to live, close to the beach and Myall lakes, residents have often relocated to Estia Health Tea Gardens.

The experienced clinicians, carers and hospitality teams look after all aspects of a resident's care, including **clinical**, social and overall wellbeing, which can be accessed for **short-term respite care** or a **longer stay**. The home's Memory Support Unit provides a safe and supportive environment for residents requiring additional support, and the onsite gym room offers enhanced physiotherapy and allied services as part of resident care.

Rooms are all spacious singles with ensuite, many with views of the garden and courtyard, and the home has many beautiful features, including a library, large central activities room used for exercise classes a cinema and several small sunrooms.





Care services

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

Home features

- Cafe
- Library
- Gym room with equipment
- Memory support unit with garden
- Hairdressing salon
- Theatre/cinema room
- Games/concert room
- Landscaped garden
- Raised garden beds, planters or pods
- Bushland views
- Onsite visitor parking

Location



"Thanks for the most exciting birthday celebrations I have ever experienced. It is hard to believe it has taken 88 years to experience such fun. We feel we are loved and cared for in a loving way. The friendship I feel at Estia Health is wonderful. "

Resident,

Room information

Single room
Refundable deposit: $645,000
Or daily payment: $150.38

Single room | Private ensuite | 16-17 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 Tea Gardens
42 Spinifex Avenue, Tea Gardens, NSW, 2324
Existing Resident enquiries: 02 4919 7000
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 30/10/2026. 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.