Bupa Parkstone Care Home

Quality care, starts here.

Welcome to Bupa Parkstone Care Home

Located in the leafy suburb of Ilam, Bupa Parkstone Care Home is bright and spacious. Local amenities are close by, with a supermarket next door and Riccarton Mall down the road.

Residents can relax in our communal lounges or dining rooms, or enjoy a cuppa with friends and family in our on-site cafe.

Our care home is warm, cosy and inviting. We have rooms that you can personalise with your belongings. We understand what it means to feel at home, and we'll do whatever we can to help you feel comfortable and special here at Bupa Parkstone Care Home. Family and friends are welcome to visit, with areas for you to relax and enjoy spending time together.

We also offer care suites*, which feature a private ensuite, tea making area and patio.

Bupa Parkstone Retirement Village is located on site, providing independent living options alongside a sense of community and proximity to loved ones.

Our features:

- 24 hour assistance
- Outdoor spaces to enjoy
- Cosy living and dining areas

Care available:

- Rest home
- Hospital
- Dementia
- Short stay services

*Care suites are available under an Occupation Right Agreement.

Your care

At Bupa Parkstone Care Home, we care about your individuality.

Our Person First approach means we take the time to get to know you. We'll ask you about your favourite things and what you like to do. From there, we'll create a care plan to include your dietary needs, medication, and activities to support you to live the life that's right for you.

Our team will be happy to guide you through the process of moving into a care home.

Short stay

If you are caring for a family member or friend and feel that you need some respite, you can use Bupa's short stay services. Our short stay services can range from a few days to a few weeks. Admission is dependent on bed availability.

Life at Bupa Parkstone Care Home

There's always something happening at Bupa Parkstone Care Home, from arts and crafts, to exercise sessions, pet therapy, special event parties, and van outings to the local area. You can take part in as little or as much as you like, it is up to you.

About Bupa

Bupa New Zealand is part of the leading Bupa Group, a global healthcare company.

Bupa already supports more than 5,000 residents throughout New Zealand, living in independent apartments and villas, or warm and welcoming care homes.

Our purpose is helping people live longer, healthier, happier lives and making a better world.

Globally, the Bupa Group invests back into improving the quality of our health and care services.

Live the life that's right for you

At Bupa, we don't just manage villages and care homes, we help you to live the life that's right for you. We know making the move into village or care home living can seem a little daunting, that's why we're here to assist you with advice and support through the journey.

Being you with Bupa is easy when you're living in a friendly community of like-minded people, supported by a caring and approachable team.

With 36 retirement villages and 38 care homes across New Zealand, Bupa offers you the life that's right for you.

Welcome to Bupa, where you can be you.

Talk to us today on 03 929 6974.

We would love the opportunity to talk about how we can help. You're welcome to visit us and meet the team.

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66 Brodie Street, Upper Riccarton, Christchurch

bupa.co.nz/parkstonecare

All efforts have been made to ensure accuracy of information at the time of publication (Oct 2026).