Bupa Northhaven Care Home

Quality care, starts here.

Welcome to Bupa Northhaven Care Home

Northhaven Care Home is located on the picturesque Whangaparāoa Peninsula, just 30 minutes from Auckland CBD. Our landscaped gardens are full of life and colour with beautiful, well-established standard roses framing the entrance way.

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 Northhaven Care Home. Family and friends are welcome to visit, with areas for you to relax and enjoy spending time together.

Bupa Northhaven 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
- Communal dining room
- Outdoor spaces to enjoy
- Landscaped gardens

Care available:

- Rest home
- Hospital
- Specialist dementia
- Short stay services

Your care

At Bupa Northhaven 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 Northhaven Care Home

There is always something happening at Bupa Northhaven Care Home, whether its games, outings to local attractions, or special events. You can get involved in as much or as little 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 09 558 7115.

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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142 Whangaparāoa Road, Red Beach

bupa.co.nz/northhavencare

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