# Bupa Tōtara Gardens Care Home

Quality care, starts here.

# Welcome to Bupa Tōtara Gardens Care Home

Bupa Tōtara Gardens Care Home is a modern, comfortable care home located in Whangārei. Our residents enjoy a peaceful environment and easy access to local amenities, including a supermarket, cafes and parks. Our care home offers a range of room types, including private ensuites, and we also offer care suites*.

Our care home is warm and welcoming, with rooms 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 Tōtara Gardens Care Home. Family and friends are welcome to visit, with areas for you to relax and enjoy spending time together.

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

## Our features:

- Small and friendly
- 24 hour assistance
- Communal dining room
- Outdoor spaces to enjoy

## Levels of care:

- Rest home
- Hospital
- Dementia

*Care suites are available under an Occupation Right Agreement.

# Your care

At Bupa Tōtara Gardens 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.

## Life at Bupa Tōtara Gardens Care Home

There is always something happening at Bupa Tōtara Gardens Care Home, from outings and barbecue lunches to daily activities and exercise groups. It is your choice whether you would like to take part, we will always respect your wishes.

# 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 3091.**

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

**Bupa Tōtara Gardens Care Home**

5 Kingfisher Way, Tikipunga, Whangārei

bupa.co.nz/totaracare

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