The Henderson Estates neighbourhood is located within the Riverbend Area Structure Plan (ASP) and defines the southwestern perimeter of the Riverbend ASP. The North Saskatchewan River Valley runs the length of the neighbourhood’s western boundary. The neighbourhood is bound by Rabbit Hill Road/Rhatigan Road West on the north, Riverbend Road on the east, the river valley on the west, and a power corporation’s right-of-way on the south.

Prior to urban development, Henderson Estates was primarily under agricultural cultivation. The neighbourhood experienced the majority of its development during the 1980s and 1990s. Residential development within the neighbourhood predominantly takes the form of single-detached homes, with a few semi-detached and row housing structures. Henderson Park is located at the center of the neighbourhood as a school/park site, and is also where the community league facility is located.

Henderson Estates is named after Thomas Henderson who was a homesteader in the Riverbend area in the late 19th century. Henderson and his family moved to Edmonton in 1880 after having lived in Ontario and British Columbia. The family farmed several homesteads before settling near Rabbit Hill. Henderson also imported Italian honeybees to his farm, which is reputed to have been the first honey bee colony in Edmonton. Henderson Estates bears Henderson's name because his homestead was located nearby.