



# Nazareth House Cape Town

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NAZARETH  
CARE



# Welcome to Nazareth Care

Nazareth Care offers its residents a safe, stimulating, and welcoming environment for the aged to enjoy their golden years. Our services include Independent Living, Assisted Living, Frail Care, Palliative Care, Respite Care, Day Care, and specialised Dementia Care at The Villa.

At Nazareth Care, the focus is on Quality of Life and this remains the central goal of the entire organization. Quality of Life may be defined as encompassing personal culture along with physical, mental, and spiritual health.

The implementation of Occupational Therapy facilitates a holistic intervention, which is aimed at providing a unique, person-centered treatment approach to every resident, based on his/her unique needs, abilities and preferences.

Nurses are on duty 24 hours a day and are all registered with the South African Nursing Council (SANC) and the Health Professions Council of South Africa (HPCSA).



### Dignity

By providing one-on-one person-centred care, we help residents maintain their sense of self-respect and personal identity.



### Compassion

Our care workers take heed of the challenges faced by our residents and support them accordingly.



### Respect

We acknowledge the value of our residents' lives by treating them courteously and respecting their personal preferences and privacy.



### Hospitality

We provide a warm, welcoming environment with caring staff and an emphasis on communal living and companionship.



### Patience

Our care workers recognise each resident as an individual with their own unique needs and preferences.

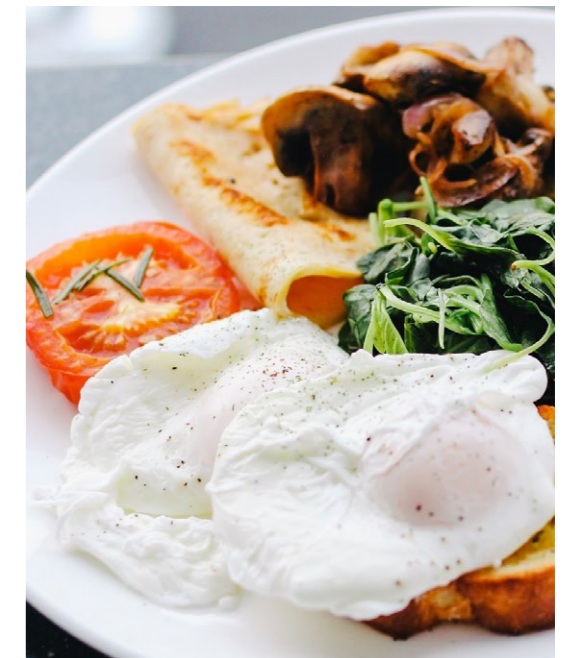
# Welcome to the Nazareth House Cape Town

Nazareth House Cape Town is nestled in the heart of Vredehoek, a blossoming floral area, surrounded by panoramic views of Table Mountain, the City Bowl, Waterfront and the harbour. Vredehoek, although situated close to the city centre and its many popular attractions, retains its quiet charm, perfect for a tranquil lifestyle. With the most amazing backdrop of the iconic Table Mountain, Nazareth House Cape Town is a wonderful escape, with beautiful spacious gardens and stone architecture dating back to 1902.

Our large estate boasts an array of accommodation and service choices, making us the perfect place to call home as you transition through your golden years. Larmenier Village caters for our independent living arrangements with a choice of free-standing cottages and flatlets within a secure estate. Larmenier Care Centre offers peace of mind in the form of assisted living for individuals who still want their independence to move freely but with support on hand 24/7. Main House is setup to care for frail residents, focusing on their individual needs whilst still maintaining a quality of life. The Villa is our specialised dementia and Alzheimer's facility.

Each of our care and accommodation options are housed in separate areas of the estate, allowing us to prioritise the service and level of care needed at each of these facilities. Interactions between residents are encouraged, forming a community throughout the estate with many flourishing friendships forming. Our residents can enjoy a vast choice of daily activities on offer, including the use of our communal areas. Our gardens are perfect for a leisurely stroll or finding a bench to read a book to the chirping sounds of birds.

Centrally located, the closest shopping mall is a 5-minute walk or 2-minute drive, where there are a variety of retail outlets to choose from. Both private and government hospitals are within close proximity to our House and can be reached quickly in the case of an emergency.



## Care Options

At Nazareth House Cape Town, we cater for various levels of care; Independent Living, Assisted Living, Frail Care, Respite Care, Aged Day Care, and Specialised Dementia Care at The Villa. All our care offerings are in separate areas of the property, offering private or shared living accommodations.

## A Healthy Diet

At Nazareth House residents can look forward to receiving three well balanced nutritious meals a day. All catering is outsourced to an external supplier who develops a tailored menu offering a variety of meals, carefully taking into account our resident's nutritional needs. All menus are developed to ensure a balance between colour, flavour and preparation methods, focusing on the requirements and tastes of our residents.

Significant days are something to look forward to at Nazareth House as they celebrated with a special menu for our residents, often accompanied with a themed meal presentation. All dietary requirements can be catered for, we request that you notify facility management of any special requirements or allergies upon admission to a House.

## Life at Nazareth

At Nazareth House our residents are loved and cared for in a holistic way. Our activity programme has been designed by an occupational therapist which encompasses all physical, psychological and spiritual needs. This program is called 'Life at Nazareth'. This program provides opportunities for engagement in various activities to cater for each resident's needs, and specifically designed for each resident's level of functioning. Activities include physical activities such as chair exercises, cognitive activities such as board games and quizzes, sensory activities such as baking and gardening, as well as spiritual activities such as hymn singing and bible studies for those who wish to attend. The 'Life at Nazareth' program is based on a 4 week cycle.

We strive to decrease the institutionalization feel associated with care homes and encourage a home like environment through providing life, joy, and spontaneity of various activities for our residents. All of our staff believe in this approach and embrace it in each activity they do.

## Amenities and Lifestyle

### Amenities

- Option of private or shared rooms, selected rooms have ensuite bathrooms.
- 24 Hour care by our dedicated and qualified nursing team, including the administration of medication.
- Wheelchair friendly.
- 3 Nutritious meals per day including morning and afternoon tea, as well as catering for special dietary requirements.
- Individualized care plan for each resident. Group and individual occupational therapy services.
- Daily laundry and cleaning services.
- 24 Hour gated security community with CCTV monitoring, strict access control and electric fencing.
- External building maintenance, repairs, and general tidiness managed by Nazareth Care.
- Transport for residents available for appointments, visits, shopping trips and excursions.
- Access to recreational facilities; pool & tennis courts.

### Lifestyle

- We encourage our residents to live their lives to the fullest by engaging in meaningful leisure activities offered at our facility, be it indoors or in our beautiful gardens.
- Residents can stay connected to their loved ones via digital means, Skype and email.
- There are no visitation hours as we encourage family, friends, and volunteers to visit at any time of the day.
- Cozy lounge areas with pleasant and comfortable television/sitting rooms are available for residents and their visitors.
- Our relaxing dining rooms serve breakfast at 8am, lunch at 12pm, and dinner at 5pm. Teatime is at 10am and 2pm.
- Occupational therapy groups occur twice a day at 10:30 am and 2 pm from Monday – Friday.
- Houses have a full activities program offering games, themed events and social activities for our residents to partake in and interact with one another.
- Chapel & Mass services are available to all residents and held daily.
- Our Houses have easy access to shopping centres, pharmacies, banks and are in close proximity to private and public hospitals.
- Scheduled outings to interesting and scenic venues are regularly scheduled for the residents.
- Well-equipped hairdresser and salon available.

# Frequently Asked Questions

## What is not included in the costing?

### Frail care

Medical supplies, Incontinence wear (Nappies), DSTV, Blister Packaging, Toiletries, Bedding.

### Assisted living

24-hour nursing care, DSTV, Medical Supplies, Incontinence wear (Nappies), Blister packaging, Toiletries, Bedding.

## What type of care do you offer?

Assisted, frail care and independent living.

## Is there any recreational/ garden area?

Yes, we have beautiful gardens and communal outside areas that residents and visitors can enjoy. There is a swimming pool for residents use. We also have an in-house chapel, salon on the premises, TV room, multiple lounges and a library.

## How do we get our loved ones to the doctor?

The doctor can visit the facility, or the nursing staff can make arrangements via an ambulance to the nearest Hospital. Alternatively, a family member can take their loved one themselves.

## Is there a registered nurse?

During the weekdays there is a Registered Nurse (RN) and there is a RN on call 24/7. We do have trained staff nurses on duty 24/7.

## Are the staff trained to care for residents with dementia?

Yes, they are trained to manage residents living with dementia.

## Is there a stimulation programme /activities offered?

Yes, we have a holistic programme that incorporates physical, emotional, mental, social and spiritual activities to decrease institutionalization and encourage a home like environment through providing life, joy, and spontaneity of various activities for the residents.

## What is staff to resident ratio?

One care worker to six residents.

## Is there an option for a private care worker to assist with settling in their loved one at their cost?

Yes, we can arrange for private care workers at an additional cost to the client.

## What is on the menu?

We have a 21-day menu cycle that is developed by a Dietician and Nutritionist. Alternate arrangements can be made for meals that do not suit your loved one's requirements i.e. allergies, religious requirements.

## Do the residents sit in the dining hall for meals?

Yes, the residents have an option to either eat in the main dining room or in their room, however we encourage at least one meal to be eaten in the communal dining room to promote social interaction.

### **Does the facility offer spiritual or religious services?**

Yes, we have a chapel on site, that offers mass and rosary. Other religious dominations are free to utilize the chapel at their leisure or join the mass services offered.

### **Is the care worker able to assist with all Activity of Daily Living (ADLs)**

Yes, our care workers have been trained to assist with ADLs in Frail Care. Individual nursing care plans are created and reviewed every 6 months.

### **Are pets allowed?**

Yes, birds and fish, other pets on approval by management and house specific.

### **Are meals included in the costing?**

Yes, 3 melas a day for frail care and 2 meals a day for assisted living. Meals are not included for independent living, but can be arranged at an additional cost.

### **Why is Nazareth House priced more competitively?**

You are paying for the service provided. Our management approach is stimulation rather than sedation. There is an in-house Occupational Therapist/Wellness coordinator which provides a structured activity program and we offer 24-hour nursing care.

### **What assessments are conducted?**

- Nursing Services Manager (NSM): Nursing assessment and Mental state examination.
- Occupational Therapist (OT): Psychosocial assessment, Functional assessment.
- Quarterly assessment with our case management meetings is conducted with the Nursing Services Manager, Occupational Therapist, Registered Nurse and Enrolled Nurse.

### **What does the room come with?**

We can provide you with a bed and side table, but we encourage the use of own furniture and beds to create a home away from home. You are required to set up the room prior to your loved one moving into the home with their belongings. We have various rooms available and they consist out of private and sharing rooms with various layouts please feel free to contact the facility to make an appointment to view available rooms.

### **What is the minimum age for admission to your care facility?**

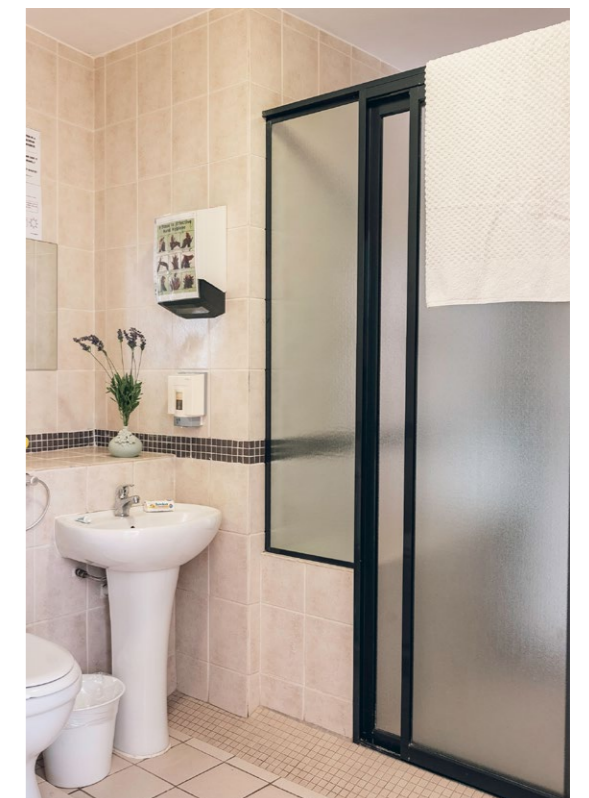
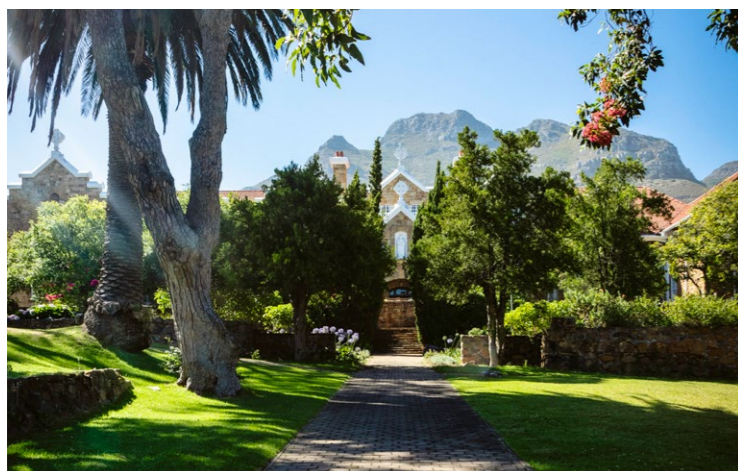
We report to the Department of Social Development and there for the minimum age we can admit is 60 years of age.



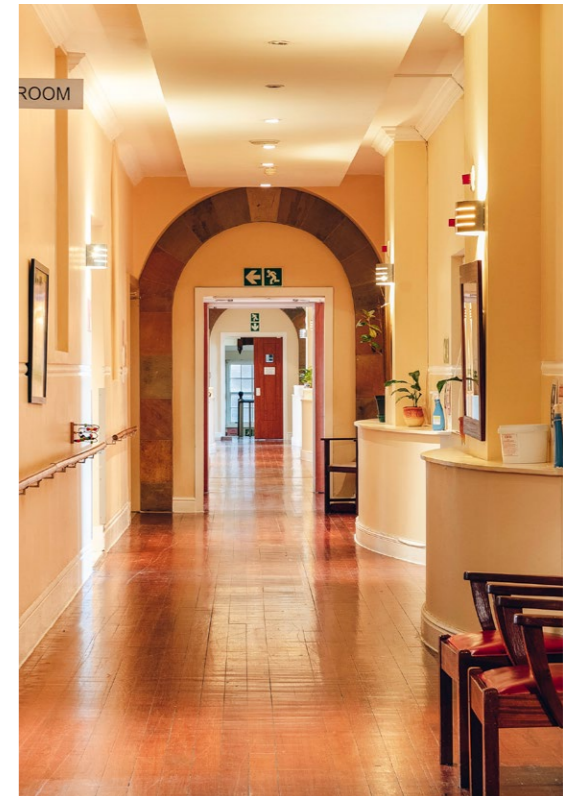
# A Homely Environment

Nazareth House Cape Town is nestled in the heart of Vredehoek. The property is large and spacious with beautiful stone architecture dating back to 1902. All of the stones used in the buildings were sourced from Table Mountain. Extensive well-established gardens are the crest of tranquillity with the iconic Table Mountain in the background.

On-site we have a quiet Chapel and many more communal areas including tennis courts, two pools and large gardens for walking. Residents are most welcome to take time to relax and enjoy this peaceful and homely community. Security is a top priority with gated access, CCTV and security on site 24/7.



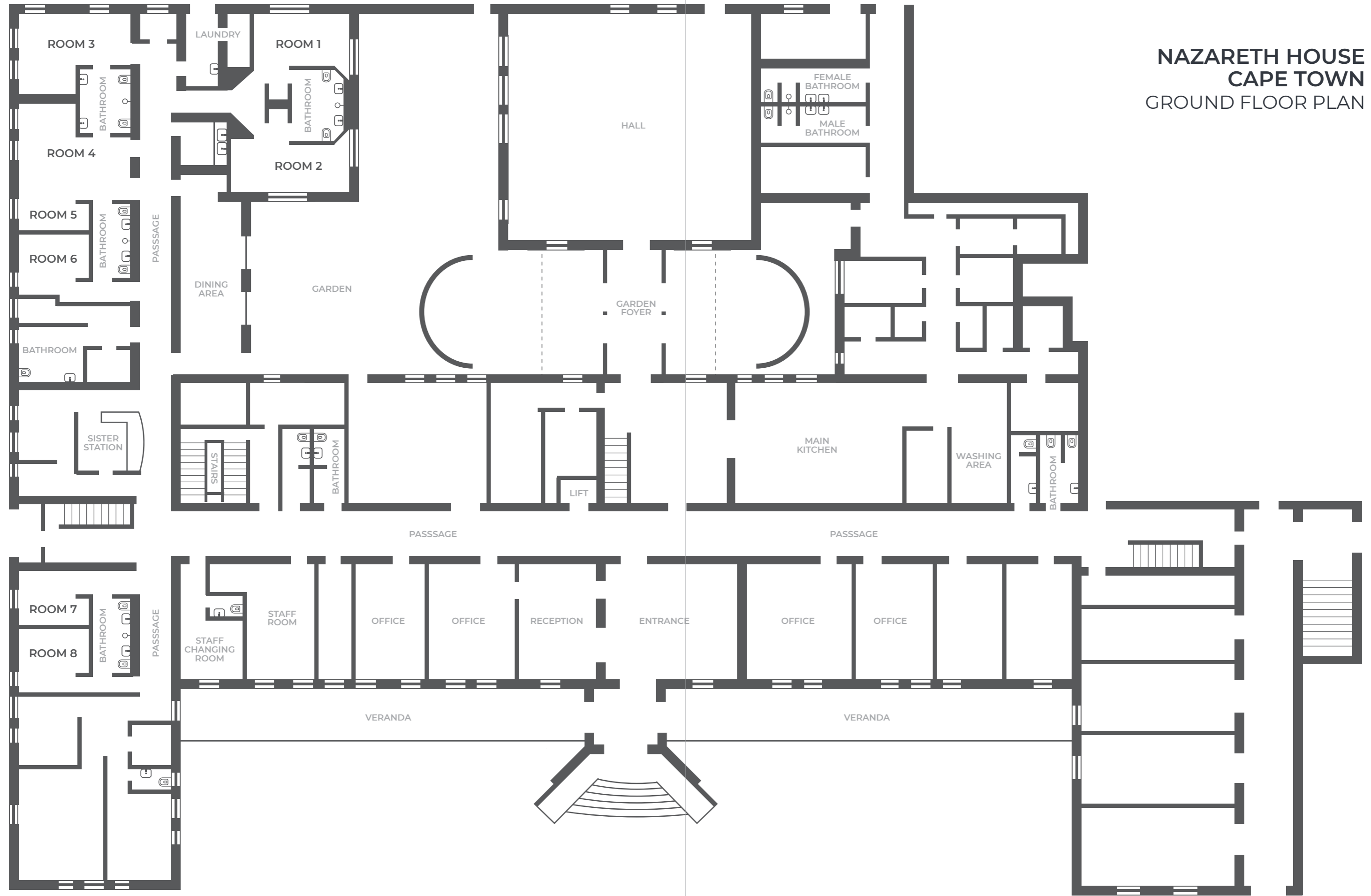
Nazareth House Cape Town has various rooms on offer. All accommodation types offer shared and single rooms dependant on the level of care required and availability. Our rooms are wheelchair friendly and come with the necessary medical equipment and specialised beds, if need be. All bathrooms are designed for use with residents who may have restricted mobility. Many of the rooms feature beautiful views of our gardens, Cape Town's Table Mountain and surrounds. Rooms sizes do vary and are allocated based on availability.



Nazareth House Cape Town boasts beautiful common areas for residents to enjoy. There is a communal kitchen for residents use, large dining rooms where residents can enjoy mealtimes, a games room where many a friendship can be formed, TV lounge and conference rooms, should residents want to watch a movie together or read a book. Outside residents can stroll through the large gardens and walk ways stretching across the property, or make use of the communal facilities which include a church and chapel and stunning gardens.



NAZARETH HOUSE  
CAPE TOWN  
GROUND FLOOR PLAN



NAZARETH HOUSE  
CAPE TOWN  
FIRST FLOOR PLAN



# More Information

At Nazareth Care, the Sisters and staff are dedicated to providing a safe and loving atmosphere where seniors are encouraged to maintain their independence... If you are looking for yourself or a family member then Nazareth Care is here to help you find the best option for your family.

We care and are committed to becoming your guide, trusted resource, and partner during this challenging time. We will help you navigate the sometimes complicated world of senior care and services to ensure your needs are met with confidence, care and respect.

For questions about our availability and coming to Nazareth Care, please contact our team. They will listen to your needs and identify the resources available to you and your loved one.

If you decide that Nazareth Care is the right choice for you, the team will guide you and your family through the admission process.

## Contact us

To get in contact us please email us at [capetown@nazarethcare.co.za](mailto:capetown@nazarethcare.co.za) or visit our website at [www.nazarethcare.co.za](http://www.nazarethcare.co.za) . To book a site visit, please contact us on +27 21 461 1635.

## Physical address

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