



# Nazareth House Port Elizabeth



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 and Frail Care.

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. Our unique person-centered care approach for every resident, is tailored to their 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 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 Port Elizabeth

Nazareth House Port Elizabeth is a stone's throw away from the residential suburbs, making it a great choice for the next step and an easy transition into your new home. The large property offers ample space for residents to wander within the safety of the facility.

Our large property boasts an array of accommodation and service choices, making us the perfect place to call home as you transition through your golden years. On the outskirts of the property are our independent living houses in a half moon shape. These sought-after homes are spacious and have an unobstructed view of the rolling lawn on their doorstep. Assisted living units offer all the necessities for an independent stay for individuals who still want their independence to move freely but with support on hand 24/7. Our frail care wing offers private and shared rooms, with specialised care for each resident whilst still maintaining quality of life.

Each of our care and accommodation options are housed in separate areas of the property, allowing us to prioritise the service and level of care needed at each of these units. Interactions between residents are encouraged, forming a community throughout the property 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.

Shops are within 5 minutes of the facility and both private and public hospitals are within close proximity to our House and can be reached quickly in the case of an emergency. Security is a priority with access-controlled entrance and security personnel on site 24/7.

At the core of Nazareth House Port Elizabeth and what really makes this property tick, an enthusiastic and energetic team who continually interact with residents, making each individual a part of this vibrant home.



## Care Options

At Nazareth House Port Elizabeth, we cater for various levels of care; Independent Living, Assisted Living, Frail Care, Respite Care, and Aged Day Care. All our care offerings have the choice of 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 and sensory activities.

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 with handbasin and toilet. 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.
- Daily laundry and cleaning services.
- 24 Hour gated security community with CCTV monitoring, strict access control and security fencing.
- External building maintenance, repairs, and general tidiness managed by Nazareth Care.

### 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.
- Cosy 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.
- 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 services & 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.
- 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.

### Assisted living

DSTV, Medical Supplies, Incontinence wear (Nappies), Blister packaging, Toiletries.

## 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. We also have an in-house chapel, salon, TV room 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 day there is a Registered Nurse (RN) and at night there is a RN on call 24/7. We do have trained staff nurses on duty 24/7.

## 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 five week 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?**

Pets are allowed for independant living.

**Are meals included in the costing?**

Yes, 3 melas a day for frail care and 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.

**What assessments are conducted?**

- Nursing Services Manager (NSM): Nursing assessment and Mental state examination.
- Quarterly assessment with our case management meetings is conducted with the Nursing Services Manager, 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 of private and sharing rooms with various layouts please feel free to contact the facility to make an appointment to view available rooms.

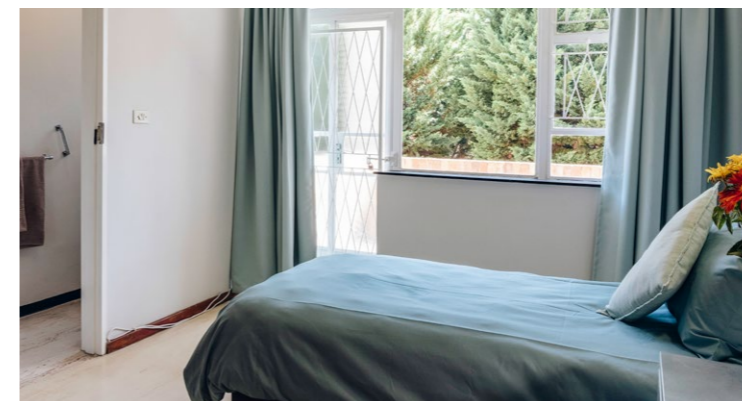
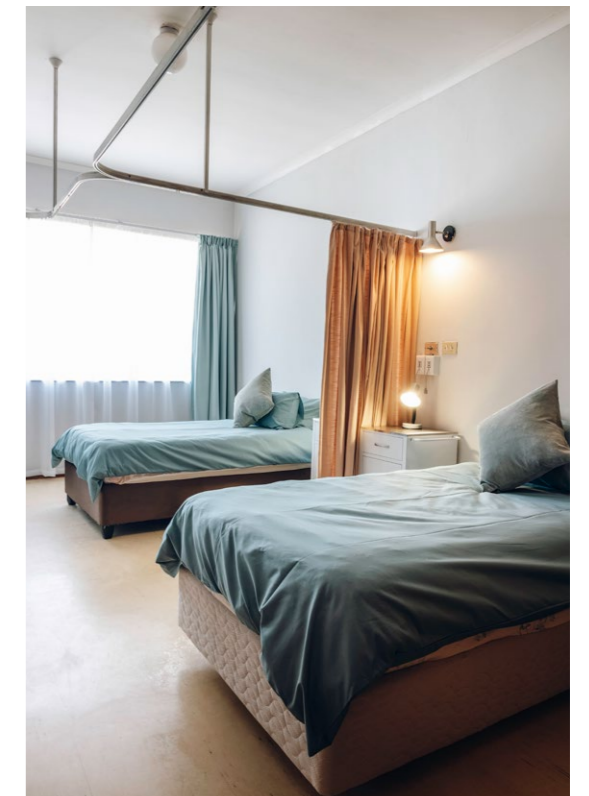
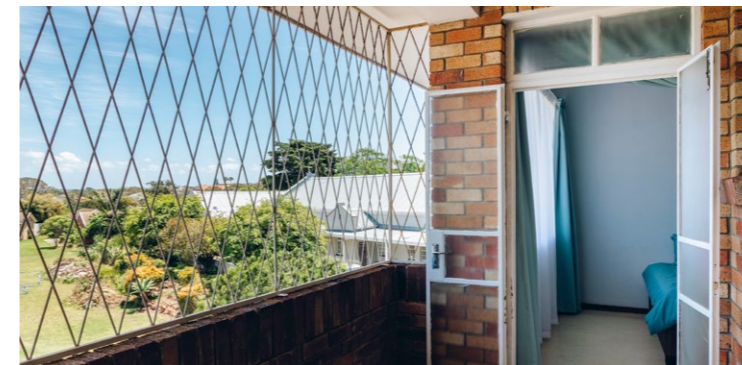
**What is the minimum age for admission to your care facility?**

We report to the Department of Social Development and there-for the minimum age for admittance is 60 years of age.



# A Homely Environment

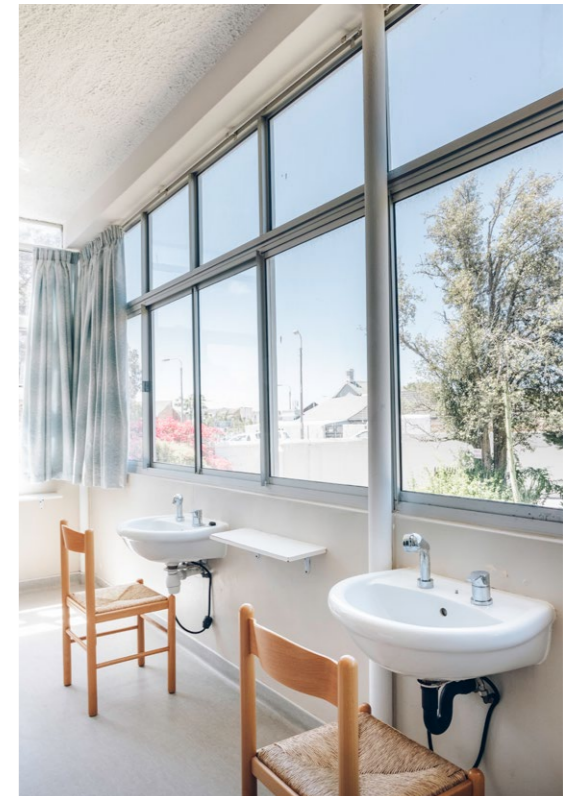
Nazareth House Port Elizabeth has large lawns, established trees, and a welcoming atmosphere from the moment you enter the property. The independent cottages are separate from the facility which houses the assisted living and frail care rooms. Residents are most welcome to take time to relax and enjoy their peaceful space and walk through the property. Residents can feel secure within the premises which features gated access and security on site 24/7.



Nazareth House Port Elizabeth has various cottages and rooms on offer. All rooms are wheelchair friendly and spacious. The bathrooms are designed for use with residents who may have restricted mobility. Many of the shared rooms feature beautiful views of the Port Elizabeth surrounds and have private balconies allowing residents to enjoy the fresh air. Rooms sizes do vary and are allocated based on availability.



Cottages, each with their own delightful gardens, border on a large tranquil common green. With ample space for walks or quiet relaxation, this is country styled living at its best. Early morning sunrises, the red glow of beautiful evening sunsets and ample birdlife all to add to the charm of this little village.



Nazareth House Port Elizabeth boasts beautiful common areas for residents to enjoy. The house has a large dining room where residents can enjoy mealtimes and games together. This newly renovated dining room is where guests often gather to celebrate new special occasions or themed meals together. There is a TV room, multiple lounges where residents can relax and enjoy the afternoon sun socialising or reading a book. Outside residents can stroll through the large gardens and walkways stretching across the property, or make use of the communal facilities which include a chapel, charity shop and hair salon.

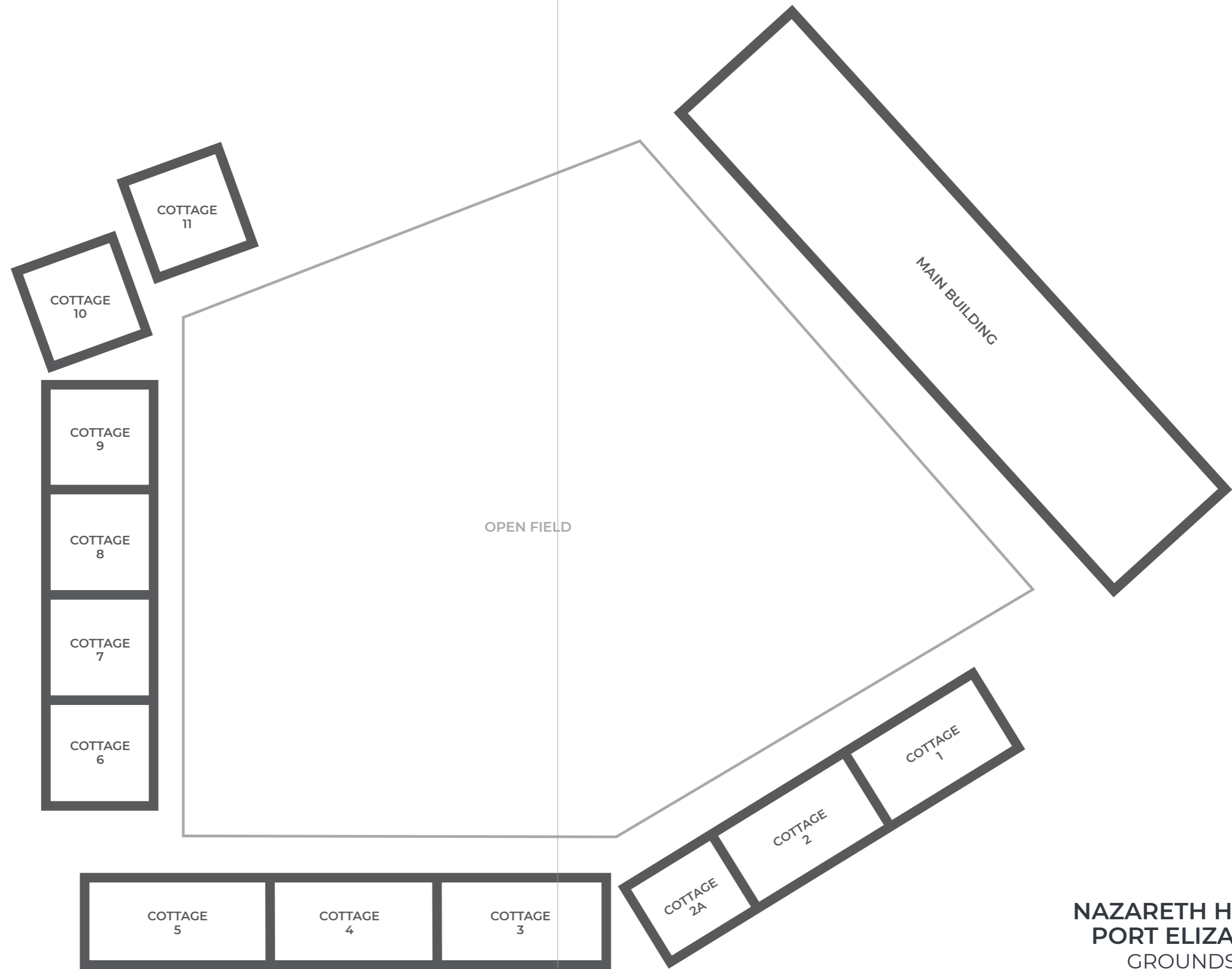




**NAZARETH HOUSE  
PORT ELIZABETH  
GROUND FLOOR PLAN**



**NAZARETH HOUSE**  
**PORT ELIZABETH**  
 FIRST FLOOR PLAN



**NAZARETH HOUSE  
PORT ELIZABETH  
GROUNDS 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 [portelizabeth@nazarethcare.co.za](mailto:portelizabeth@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 41 373 1948.

## Physical address

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