



Nazareth House Durban



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 Nazareth House Durban

Nazareth House Durban is nestled in the exclusive residential suburb, Berea, amongst the eclectic mix of architectural styles that include large Victorian, Edwardian, art deco and modern homes. The large property is a tropical oasis with palm trees and rolling green lawns. Situated high on the ridge, one can see views of the harbour and city below.

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. Independent living apartments are situated in a separate building. These units come with a small kitchen, bathroom, and open patio to enjoy the views. Assisted living flats are available for individuals who still want their independence to move freely but with support on hand 24/7. Inside the main facility we house our frail care residents, focusing on their individuals needs 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 facilities. Interactions between residents are encouraged, forming a community throughout the home 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, there are many shopping malls in close proximity. Life hospital is situated adjacent to our House and can be reached quickly in the case of an emergency.

Nazareth House Durban is a buzz of activity throughout the week with many activities on the go for residents to partake in. Our staff are fully committed to the needs of our residents and are always on hand.



Care Options

At Nazareth House Durban, we cater for various levels of care; Independent Living, Assisted Living, Frail Care, Respite Care, and Aged Day Care. All our care offerings are in separate areas of the facility, 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.
- Access to recreational facilities and pool.

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, 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

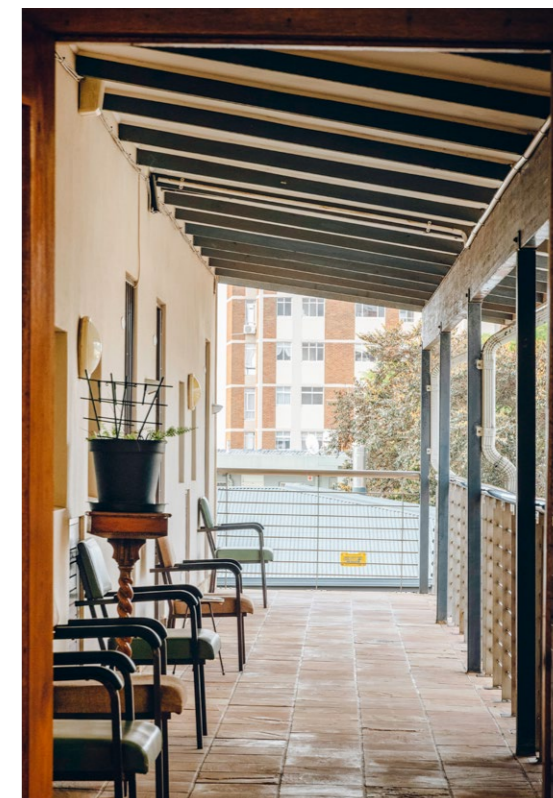
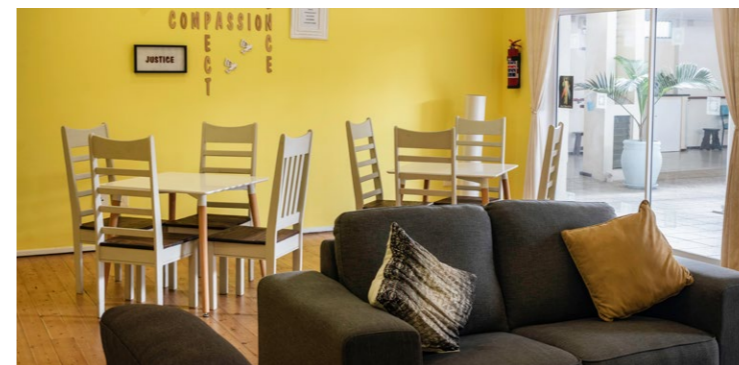
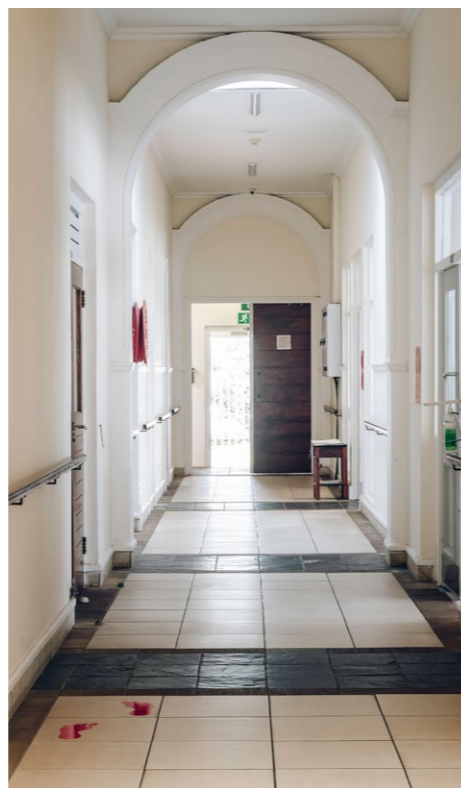
Nazareth House Durban is populated with a variety of trees including large palm and other are old Victorian oak trees. These are a huge attraction for various bird life and the monkeys like to visit too. The grounds offer many quiet spots to relax in the shade or stroll through the property to stretch your legs.

Our outdoor gazebo, and magnificent pool area are a great attraction to cool off in the Durban heat and lounge about reading your book.



Nazareth House Durban has various rooms and apartments on offer. Being a new building the units are modern and bright. All rooms are wheelchair friendly and spacious. Rooms come semi-furnished and unfurnished so residents may decorate their rooms as they please with familiar furniture. All rooms have built in cupboard space. Rooms sizes do vary and are allocated based on availability. Our rooms 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.

Nazareth House Durban has a few gorgeous experiential components ranging from the in-house hairdressing facility, residents who enjoy playing the piano and staff members who engage in sharing Zumba classes with their staff and residents.



Nazareth House Durban has multiple dining rooms for the different care options. When moving through the light and bright facility, there are many areas to relax and enjoy the lounges and TV rooms on offer. We have a well-stocked library for residents to enjoy and a full hair salon. The communal recreational area hosts daily activities and has seen many musicians perform for the residents. The weekly zumba classes are a favourite for all.



**NAZARETH HOUSE
DURBAN**
GROUND FLOOR PLAN



NAZARETH HOUSE
DURBAN
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 durban@nazarethcare.co.za or visit our website at www.nazarethcare.co.za . To book a site visit, please contact us on +27 31 261 2207.

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