

Independent Rental Flats PlumRus East

Are you out and about doing things in your own time, living the life of the retired?

You have come to the right place, we can offer you accommodation, **for the independent**

The services provided include the following:

- 1 Meal a day - Lunch (choices)
- Cleaning - once a week
- Laundry - once a week
- Security 24/7 and hourly patrols
- Nurse Call 24/7 & Nursing Patrol every hour
- Emergency Button for any emergency 24/7
- Parking Bay - if needed and available
- In-house braai area - Protea Lounge
- Library & Protea Coffee Shop
- Comprehensive stimulation & activity program
- Gym Trim, All Day TV, Music & DVD's
- Spiritual program
- Bible Studies, Prayer Meetings, One Hour For Jesus, Sunday Services
- Special teas + Bring & Braai + Food Market

Type of Accommodation	Maximum Rent	Once off Maintenance Fee
Bachelor Flat	R 8 800	R 8 000
One Bedroom Flat	R 8 250/ R10 250	R 15 000

Semi-Independent PlumRus Lodge

Do you like small groups? You want the feeling of independence but the comfort of knowing you are taken care of. You have come to the right place, we can offer you the PlumRus Lodge, **for the semi-independent. All services included**

The Lodge not only includes living space but also the following services:

- 3 Meals a day - Breakfast, Lunch (choices) & Supper
- Kitchen available - built in oven & hob, microwave
- 24/7 Tea/ coffee on request
- Cleaning & Laundry - once a week
- A shared bathroom (2 persons sharing)
- The safety of a secure facility with 24/7 security
- Nurse Call 24/7 & Nursing Patrol every hour
- Emergency Button for any emergency 24/7
- Parking Bay - if needed and available
- In-house braai area - Protea Lounge
- Library & Protea Coffee Shop
- Comprehensive stimulation & activity program
- Gym Trim, All Day TV, Music & DVD's
- Spiritual program
- Prayer Meetings, Bible Studies, One Hour For Jesus, Sunday Services
- Special teas + Bring & Braai + Food Market
- Membership of our Senior Centre Program

Type of Accommodation	Maximum Rent Per Month	Once off Maintenance Fee
Single Room Includes all Services	R 8 800	R 7 000

Health Care/ Assisted Living PlumRus West

Do you have a family member that you are struggling to take care of on a daily basis who needs 24 hour care?

You have come to the right place. PlumRus has a Health Care Facility, where we offer you **24 hour basic care.**

Besides the 24 hour care, Health Care also includes the following services:

- Coffee & Rusk's early morning in bed
- 3 Meals a day - Breakfast, Lunch (choices) & Supper
- Milo & snacks at night
- 24/7 Tea/ coffee on request
- Shower, bath or full washes daily
- Laundry - daily
- Cleaning - daily
- Medical & Medicine assessment & control - daily (Blister Packing)
- Nurse Call 24/7 & Nursing Patrol every 30 minutes
- Emergency Button for any emergency 24/7
- Security 24/7 and hourly patrols
- In-house braai area - Protea Lounge
- Library & Protea Coffee Shop
- Comprehensive stimulation & activity program
- Gym Trim, All Day TV, Music & DVD's
- Spiritual program
- Prayer Meetings, Bible Studies, One Hour For Jesus, Sunday Services
- Special teas + Bring & Braai + Food Market
- Dementia Unit

Type of Accommodation	Maximum Rent Per Month	Once off Maintenance Fee
Shared Room	R 6 950	R 6 000
Single Room	R 8 800	R 7 000
Spacious Single Room	R 11 945	R 15 000
Penthouse Room	R 12 975	R 15 000



PlumRus

Aftree op sy beste • Retirement at its best

Our Vision

To create a safe, happy, homely atmosphere with abundant friends in which residents and staff can participate in the decision making, upkeep and management of the home and to utilize the infrastructure and facilities of Plumstead Rusoord

Contact us

Tel: 021-761-2323

Email: info@plumrus.co.za

Services and Care in the comfort of your Own Home Senior Centre

Do you have a family member that you are struggling to take care of on a daily basis and need assistance?

You have come to the right place. PlumRus has a Senior Centre where we offer you **24 hour basic care at Home or through Day Care at PlumRus.**

No Service can be provided if you are not a Senior Center Member

Senior Center Members can come to PlumRus on Monday mornings @ 09:00 for Clinic Services @ no cost

Type of Service	Note	Maximum Fee
Membership	Per Year	R 375
Meals (Mon-Sat)	Per Meal	R 35
Meals (Sunday)	Per Meal	R 50
Medication Control	Per Month	R 750
Bed Washes	Per Wash	R 90
Day Care @ PlumRus	Per Day	R 380
Day Care Sleepover (If available)	3 Days Max	R 750
Home Based Care Day	Per 12 hour Shift	R 430
Home Based Care Night	Per 12 hour Shift	R 455
Transport Quantum	Per KM	R 9

Volunteers

If you would like to volunteer and make a difference in not only the lives of our residents but also our surrounding elderly community CONTACT US ON 021 -761- 2323 or info@plumrus.co.za

Independent Life Right Flats PlumRus North & PlumRus BZN & East Building

Are you out and about doing things in your own time, living the life of the retired?

You have come to the right place, we can offer you luxury accommodation, **for the independent, in our new buildings.**

The services provided include the following:

- 1 Meal a day - Lunch (choices)
- Cleaning - twice a week
- Laundry - once a week
- Security 24/7 and hourly patrols
- Nurse Call 24/7 & Nursing Patrol every hour
- Emergency Button for any emergency 24/7
- Parking Bay - if needed and available
- In-house braai area - Protea Lounge
- Library & Protea Coffee Shop
- Comprehensive stimulation & activity program
- Gym Trim, All Day TV, Music & DVD's
- Spiritual program
- One Hour For Jesus, Sunday Services, Bible Studies & Prayer Meetings
- Special teas + Bring & Braai + Food Market
- 3 x Foyers - Pool table, Table tennis, Darts

Type of Accommodation	Maximum Levy 1 Person/ 2 People	Once off Maintenance Fee
Bachelor Flat (East Only)	R 4 640	R 8 000
One Bedroom Flat Dark	R 4 640	R 15 000
One Bedroom Flat	R 5 340 / R 8 910	R 15 000
Two/Three Bedroom Flat	R 6 950 / R 9 740	R 19 000