

Community Care Centres

Are you looking to spend more time with your peers in your neighbourhood?

Why don't you join or start a Community Senior Centre in your area?

You can enjoy the following activities;

- Clinic Services
- Social Program
- Outings
- Cultural Activities
- Arts & Crafts
- Meals
- Spiritual Program

All of the above can be enjoyed for a *minimum membership fee* (currently R10 per annum).

Contact **Rhodene** on 021-761 2323 or email rhodene@plumrus.co.za, for more information about the **Community Service Centre** in your area, or how we can assist you in starting a centre in your neighbourhood.

Struggling to keep up?
Is driving and everyday life becoming more and more difficult?

Then look no further!
PlumRus CSC
has what you need...



PlumRus
Community Service Centre



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Home Base Care

Do you need assistance with caring for a loved one in the comfort of their home?

Why not consider our **Home Base Care services**, which can be tailor made according to the times and care needs of the individual client?

Our Basic Care routine consists of the following:

Oral Hygiene

Toilet Routine

(including nappy & pad changes)

Dressing of client

Hair & Nail Care

Making of bed, changing linen &

turning of mattress

Light Housekeeping

Medication Guidance & Reminders

Companionship & Activities

Meals

(Assistance with preparation of meals & feeding if needed)

Day Care

Take a day off while we care for your loved one at our facility in Plumstead.

While in our care they will enjoy the following;

Basic Care

Oral Hygiene

Shower/Bath

Hair & Nail Care

3 Wholesome Meals

Coffee & Tea

Medication Administration

Companionship & Activities

Our Day Care operates 7 days a week, public holidays included, between 06:30 & 18:30 at a cost of R395 per day.

*When the going gets tough
PlumRus Gets you Going*

Home Base Care Packages

Sunrise or Sunset

6 hour shifts

Early Morning to Early Afternoon

(you choose the hours)

Or

Afternoon to Early Evening

R355 per shift

Comfort

10 hour shift

08:00 to 17:00 for the working person

R420 per shift

Comfort Plus or Sweet Dreams

12 hour shift

Daytime (06:30 to 18:30) or Night time

(18:30 to 06:30)

R495 per Day Shift & R525 per Night Shift

When tailor making your **Home Base Care package** you are welcome to add any of the following **Value Adds**:

Domestic Cleaning Service at your home

Laundry Service at PlumRus

Transport & Assistance to Clinic & Doctors

Appointments

Take away Meals