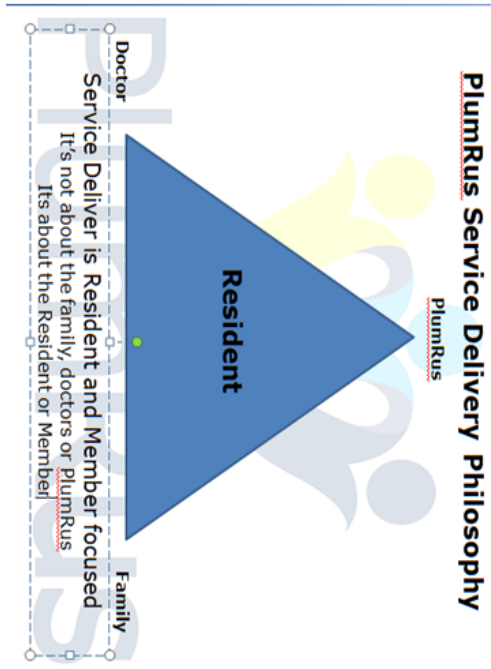


**PlumRus** strives to create a safe, happy, homely residential facility and service centres in which residents, members and staff can participate in the decision making, upkeep and management thereof. We wish to utilize the infrastructure and facilities as an Innovation hub for services to older persons in our community.



1 Birmingham Road  
 Plumstead 7800  
 021 761 2323  
 info@plumrus.co.za  
 website: www.plumrus.co.za



## Frail Care PlumRus West 24x7x365

We offer suitable Basic Care accommodation for mom, dad or a family member who is frail and needs 24 hour basic care. Our rooms are equipped with built-in cupboards and a hand basin; bathrooms are shared between residents.

### The services we provide include the following:

- **Basic Care** – Clean rooms, linen, clothes, hair, teeth, ears and a balance diet of 3 meals a day.
- **Carer Ratio** Dayshift : 1 carer to 6 residents  
Night shift: 1 carer to 13 residents
- **Ongoing Basic Care and Patrols 24/7**  
24/7 SIC- Staff Nurse in Charge.  
Sister on dayshift and available on call at night
- **Wireless Nurse Call and Emergency Button**  
Telephone system for interna convenience
- **Security 24/7 with patrols**  
Electric fence & CCTV
- **Comprehensive Stimulation & activities**  
Library and many board games,  
Protea Coffee Shop 09:00 to 16:00 everyday  
Gym Trim  
Morning Market once a month  
TV, DVD's, Netflix, Showmax & YouTube in Lounges  
Croquet, Pool Table, Table Tennis, Darts & Bingo  
Social Evenings, beautiful garden and walkways
- **10:30 Daily Stimulation in all Lounges.**
- **Spiritual Program**  
Bible Studies  
Prayer Meetings  
Sunday Services asook Afrikaanse dienste  
One Hour For Jesus – Fridays
- **Transport at your own cost from R 12.00 per kilo**  
Shopping Trips twice a week  
Doctor Visits  
Outings & adhoc transport when needed
- **PlumRus DSTV Bouquet for R 470.00 per month**
- **Communication System Fixed line**  
Telephone installed, line activated for external calls at a cost of R115. Costs per call for your own account.  
Wi Fi for R 350.00 per month
- **Medication Administration**
- **Nappy Administration**
- **One on One Carer available at your own cost when needed**
- **Weekends and holidays day staff not available**

## Assisted Living PlumRus Rental Flats East

We offer suitable accommodation for mom, dad or family member who needs assistance 3 times a day. Residents will have the privacy of their own Bachelor Flat including Bathroom and Kitchenette. Our registered carers will visit thrice during the day. Hourly care is available to those who need more care.

### The services we provide include the following:

- **3 Times a day** - Clean rooms, linen, clothes, hair, teeth, ears and a balance diet of 3 meals a day.
- **Carer Ratio** Dayshift: 1 Carer to 10 Residents  
Nightshift: 1 Carer to 20 Residents
- **Hourly Patrols when needed**  
24/7 SIC-Staff Nurse in Charge.
- **Wireless Nurse Call and Emergency Button**  
Telephone system for internal convenience
- **Security 24/7 with patrols**  
Electric fence & CCTV
- **Comprehensive Stimulation & activities**  
Library and many board games  
Protea Coffee Shop 09:00 to 16:00 everyday  
Gym Trim  
Morning Market once a month  
TV, DVD's, Netflix, Showmax & YouTube in Lounges  
Croquet, Pool Table, Table Tennis, Darts & Bingo  
Social Evenings, beautiful garden and walkways
- **Parking Bay – if needed and available**
- **Spiritual Program**  
Bible Studies  
Prayer Meetings  
Sunday Services asook Afrikaanse dienste  
One Hour For Jesus – Fridays
- **Transport at your own cost from R12.00 per kilo**  
Shopping Trips twice a week  
Doctor Visits  
Outings & adhoc transport when needed
- **PlumRus DSTV Bouquet for R 470.00 per month**
- **Communication System Fixed line**  
Telephone installed, line activated for external calls at a cost of R115. Costs per call for your own account.  
Wi Fi for R 350.00 per month
- **Medication Administration - Included**
- **Nappy Administration - Included**
- **One on One Carer available at your own cost when needed**
- **Weekends and holidays day staff not available for dovetailing**

## Independent Living Loan Agreement Flats PlumRus North, Mountain View & East

We offer suitable accommodation for the independent spirit, who still does their own things in their own time but needs to be in a safe, happy, homely environment with an abundance of friends and where basic care is available when or if needed.

### The services we provide include the following:

- **Daily Good day and Night check up** – Clean rooms, linen, clothes, hair, teeth, ears and 1 main meal a day “Lunch”
- **Carer Ratio** day & night: 1 Carer to 35 Residents
- **Patrols or checks ups 2 times a day**  
24/7 SIC-Staff Nurse in Charge. Sister on dayshift and available on call at night.
- **Wireless Nurse Call and Emergency Button**  
Telephone system for internal convenience
- **Security 24/7 with patrols**  
Electric fence & CCTV
- **Comprehensive Stimulation & activities**  
Library and many board games  
Protea Coffee Shop 09:00 to 16:00 everyday  
Gym Trim  
Morning Market once a month  
TV, DVD's, Netflix, Showmax & YouTube in Lounges  
Croquet, Pool Table, Table Tennis, Darts & Bingo  
Social Evenings, beautiful garden and walkways
- **Garage or Parking Bay – if needed and available**
- **Spiritual Program**  
Bible Studies  
Prayer Meetings  
Sunday Services asook Afrikaanse dienste  
One Hour For Jesus – Fridays
- **Transport at your own cost from R12.00 per kilo**  
Shopping Trips – twice a week  
Doctor Visits  
Outings & adhoc transport when needed
- **PlumRus DSTV Bouquet for R 470.00 per month**
- **Communication System Fixed line**  
Telephone installed, line activated for external calls at a cost of R115. Costs per call for your own account.
- **Wi Fi for R 350.00 per month**
- **Nappy Administration available if needed**
- **Medication Administration for R 890.00 per month**
- **One on One Carer available at your own cost when needed**
- **Weekends and holidays day staff not available for dovetailing**

TYPE OF Accommodation	Maximum rent Per Month	Once off Maintenance fee
Single Room	R12 525	R9 500
Room for Couple	R15 645 / R18 900	R11 000

TYPE OF Accommodation	Maximum rent Per Month	Once off Maintenance fee
Bachelor Flat	R15 400	R19 000

TYPE OF Accommodation	Maximum rent 1 Person / 2 Person	Once off Maintenance fee
1 Bedroom	R7 580 / R13 160	R20 000
2/3 Bedroom	R8 900 / R15 160	R25 000