

**Frail Care
24 x 7 x 365
PlumRus West**

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:

- **Frail Care**
Clean rooms, linen, clothes, hair, teeth, ears, dress/undress, wash/shower and balance diet of 3 meals a day including feeding if needed
- 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 – Sister in Charge on all shifts
- Wireless Nurse Call and Emergency Button
Telephone system for internal convenience
- Security 24/7 with patrols
Electric fence & CCTV Monitoring
- Comprehensive Stimulation & activities
Library and many board games,
Protea Coffee Shop 09:00 to 16:00 everyday
Gym Trim
Bring and Braai
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 525.00 per month
- Communication System Fixed line
Telephone installed, line activated for external calls at a cost of R145. Costs per call for your own account.
Wi Fi for R 430.00 per month
- Medication Administration – included
- Nappy Administration – included
- One on One Carer at your own cost when needed

**Assisted Living
Rental Flats
PlumRus East**

We offer suitable accommodation for mom, dad or a 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:

- **Assisted Living**
Help with; Clean flat, linen, clothes, and a balance diet of 1 meals a day "Lunch"
- Carer Ratio
Dayshift: 1 Carer to 15 Residents
Nightshift: 1 Carer to 30 Residents
- Hourly Patrols when needed
24/7 SIC – Sister in Charge on all shifts
- Wireless Nurse Call and Emergency Button
Telephone system for internal convenience
- Security 24/7 with patrols
Electric fence & CCTV Monitoring
- Comprehensive Stimulation & activities
Library and many board games
Protea Coffee Shop 09:00 to 16:00 everyday
Gym Trim
Bring and Braai
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 525.00 per month
- Communication System Fixed line
Telephone installed, line activated for external calls at a cost of R145. Costs per call for your own account.
Wi Fi for R 430.00 per month
- Medication Administration – R1 025 per month - Available if needed
- Nappy Administration – Available if needed
- One on One Carer available at your own cost when needed

**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:

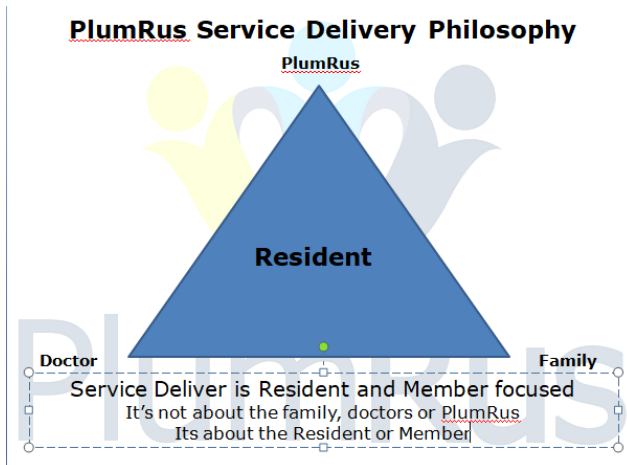
- **Independent: Day & Night Check-up**
One main meal a day - "Lunch"
- Carer Ratio
Day & night: 1 Carer to 35 Residents
- Patrols or checks-ups twice a day
24/7 SIC – Sister in Charge on all shifts
- Wireless Nurse Call and Emergency Button
Telephone system for internal convenience
- Security 24/7 with patrols
Electric fence & CCTV Monitoring
- Comprehensive Stimulation & activities
Library and many board games
Protea Coffee Shop 09:00 to 16:00 everyday
Gym Trim
Bring and Braai
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 525.00 per month
- Communication System Fixed line
Telephone installed, line activated for external calls at a cost of R145. Costs per call for your own account.
Wi Fi for R 430.00 per month
- Medication Administration for R1 025 pm if needed
- Nappy Administration available if needed
- One on One Carer available at your own cost when needed

TYPE OF Accommodation	Maximum rent Per Month	Once off Maintenance fee
Single Room	R15, 100	R9,975
Spacious Room	R17 210 / R20 280	R11,500

TYPE OF Accommodation	Maximum rent	Once off Maintenance fee
Bachelor Flat	R15 100 / R18 975	R19,950
One bedroom Flat	R16 215 / R20 090	R21,000

TYPE OF Accommodation	Maximum rent 1 Person/2 People	Once off Maintenance fee
One bedroom	R9 650 / R15 500	R21,000
two/three bedrooms	R9 650 / R15 500	R26,000

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.



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