

Helderberg Society for the Aged HSFA



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HELDERBERG SOCIETY FOR THE AGED: Since its inception in 1958, The Helderberg Society for the Aged has grown from a small Rotary initiative to providing retirement solutions & caring for over 660 residents. Our foundation of care rests on our Four Pillars of Service: Independent Living, Assisted Living, Frail Care and

Clinical Services.

INDEPENDENT LIVING:
If 60 or over, but still active and with the ability to live independently of help, then the “Independent Living” units are ideal. The HSFA has a variety of options, from comfortable flats and apartments to ground floor, free-standing garden units, at a range of price points. Tailored services are on offer with membership to the Vonke Service Centre, as well as a range of other activities and service options. At HSFA we encourage residents to remain independent for as long as physically, socially and holistically possible with ongoing “Active Ageing” activities. There are 8 Independent Living Units: Vonke House, Swannack Gardens, La Rochelle, Lancelot, Camelot, Butler Court, Protea, and Bowden Park (a Life rights Unit), **ASSISTED LIVING:** Assisted Living at HSFA is for senior citizens who still enjoy their independence and an active and social lifestyle, but who doesn't want the

~~responsibility of household chores. Both the Assisted Living Units (Silver Oaks Lodge~~

and Robari Lodge) are within walking distance from central Somerset West, with access to community amenities and services. The rental includes accommodation, all meals, laundry, a weekly cleaning service and an emergency call system. Additional services include outings, activities, exercises and more. No nursing care is available, but our Clinical Services team is available. Pre-packed medication is compulsory and no medication is administered by

staff.FRAIL CARE:

The Frail Care Service Pillar at HSFA addresses the needs of the older persons who find themselves in the fragile stage of life, requiring 24-hour care and supervision in a way that will help them retain their dignity.

Frail care services at the HSFA have been centralised at Vonke Park. Both the Support Centre and Mountview departments are focused on rendering these services. Accommodation costs include all meals, nursing, caring and cleaning. We also have a specialised wing, Flamingo, at the Support Centre, caring for people with Dementia as well as other related diseases.

Emergency Care and Day Care are also available at Support Centre for residents living in other units at the HSFA, as well as older persons living in the

community.CLINICAL SERVICES:

This service consists of a clinic at Vonke Park as well as clinical nurses who visit all units on a regular basis for basic clinical care. Caring and cleaning is also offered to HSFA residents at our Independent and Assisted Living Units. The Clinical Services Team comprises of registered nurses with clinical and palliative care qualifications. Clinical Assessments and Services include: INR Tests, Urine

Tests, Blood Pressure Checks, Blood Glucose Checks, Health maintenance: Vitamin injections, flu vaccinations, ear flushes, , Laboratory Blood Tests

(prebooked), Medication Check and Consultation Clinical Services also provides for these additional care programmes: Wound care Management, Palliative Care and hospital visits, Medication administration, Blisterpack management, Hepatitis B

Staff Programme OTHER SERVICES: The HSFA also has senior service centres where a community based care and support service is available where older persons are provided with organised programmes and activities which assist them to live independently in their communities. A service centre is a gateway to the ageing network—connecting older adults to vital community services that can help them

stay healthy and independent. Membership is available to persons over the age of

60 in order to qualify for discounted services and various activities hosted at the Helderberg Society for the Aged.

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