



# Blue Mountain Retirement Community



## Blue Mountain Retirement Community

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## *Aims and Objectives of the Blue Mountain Retirement Community*

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The overall aim is to administer to the physical, psychological, social and spiritual needs of residents in Blue Mountain Haven and Gables, enabling them to live their lives to the fullest as individuals and to enjoy as much independence as possible in a happy, safe and peaceful environment.

### 1) Aims

Specifically, our aim will be to:

- a) ensure that the individual resident is provided with the appropriate level of assessed care;
- b) ensure that the individual resident's care is based on the individual's need;
- c) ensure that the individual resident or a nominated relative, friend and / or care worker has the choice to be involved in the planning of the resident's care;
- d) assist the individual resident to maintain independence, personal culture and contact with the broader community;
- e) ensure that the individual resident has ample opportunity to exercise all appropriate rights and enjoy a fulfilling and meaningful lifestyle.

### 2) Objectives

Specifically, our objectives will be to:

- a) respect the resident's privacy and dignity;
- b) provide holistic care to residents, which includes meeting spiritual, cultural, social and psychological needs;
- c) take every action we can to prevent abuse from happening;
- d) respond appropriately when it is suspected that abuse has occurred;
- e) provide ongoing education for all staff about safeguarding people from abuse and put into practice;
- f) ensure that staff are familiar with the equipment and knowledge to allow the residents to receive the best possible care;
- g) encourage all staff to work as a team; and
- h) ensure the common property is adequately maintained and complies with all legal requirements and operational standards.

Our facility provides 3 types of Care:

1. Frail Care

**FRAIL CARE:** Frail care is nursing for a person who requires an increased amount of care and he/she may need help with dressing, washing and toileting and may or may not be bedridden. A frail person may also be physically able but mentally frail, requiring constant supervision. This person would be best cared for in the frail care section of an old age home.

2. Home Based Care

**HOME BASED CARE (HBC):** HBC is defined as the delivery of comprehensive services, including health and social services. This includes increased nursing and social assistance on a short to medium term basis including providing rehabilitative care when necessary. These services enable a resident to be cared for in a familiar environment.

3. Assisted Living

**ASSISTED LIVING:** Assisted living is for the independent senior citizen who requires some assistance with daily activities but does not necessarily require nursing assistance. These activities may include cleaning of the room and providing nutritional meals.

## *Frail Care Options at Blue Mountain Retirement Community*

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Blue Mountain Haven is a registered frail care facility and part of the Blue Mountain Retirement Community, where individuals can be admitted when their ability to independently care for their physical, psychological or emotional well-being is diminished.

At the Haven, the unique and individual needs of residents and their families are recognized, and we understand the importance of giving them piece of mind. Our holistic approach is essential to this end. Our residents are more than people in need of care. Blue Mountain Haven Frail Care Facility acknowledges the individuality of their mind, body and spirit and regards the whole person with dignity and respect.

- We provide appropriate 24 (twenty-four) hour nursing care, assistance and supervision to the Resident;
- We provide medication administration;
- 24/7 emergency link to the nurses' station;
- Basic manicure & Pedicures
- Occupational Therapist activity once a week;
- A weekly consultation with our social worker;
- We provide the Resident with all meals, according to compulsory nutritional and dietary requirements as well as including morning and afternoon refreshments;
- We service and clean the interior of the unit;
- We provide laundry facilities, with the exclusion of dry cleaning facilities, carpet cleaning (own carpets), servicing or maintenance of own equipment;
- DStv connection with the availability of a special DStv package.
- We allow the installation of television sets, telephones, personal computers etc. by the Resident, which installation and usage costs will be for the Residents' own account.

All stock used will be charged separately and according to medical supply list.

## *Home Based Care Option at Blue Mountain Retirement Community*

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Home Based Care is available to the residents at an additional charge.

- Daily making of beds
- Daily Bathing & Dressing Assistance
- General Health Monitoring
- Medication Administration
- Washing of Hair
- Brushing of teeth
- All services as per Assisted Living Option

## Assisted Living Option at Blue Mountain Retirement Community

Basic health care is included when purchasing or renting a property or unit at the Haven, Gables or Retirement Estate.

Basic Health care offers the following:

- Daily Administering of medication as prescribed by a medical practitioner;
- Basic Wound Care;
- Test Monitoring;
- Health Assistance, advice, referrals, & reassurance;
- Supervision by Professional registered nurses;
- Weekly clinic services;
- Weekly sister visit;
- Availability of a Social Worker;
- 3 Day Frail Care bed or Home-Based care availability;
- Activities at the Haven;
- Shuttle Service per roster;
- Biokinetic exercises twice a week;
- Panic Button response and monitoring;
- 24 -Hour nursing availability

## Fee Structure Blue Mountain Retirement Community

### PERMANENT FRAIL CARE PRICE LIST

(VALID TILL END FEBRUARY 2020)

1. PERMANENT FRAIL CARE AT THE HAVEN FOR **NON-OWNERS**, RENTING THROUGH THE NON-PROFIT COMPANY

DESCRIPTION	PRICE PER PERSON REQUIRING PERMANENT FRAIL CARE SERVICES	UNIT RENTAL PAYABLE	BODY CORPORATE LEVY	COMMUNITY SERVICE OMBUDMAN LEVY	TOTAL
<b>Double Occupancy</b>	R12 454.00	R2,565.00	R480.00	R1.24	R15 500.00

<b>Kindly take note of the following:</b>					
1. the electricity usage of the unit is excluded from the price; and					
2. should the facility not have a double occupancy unit available immediately, the resident will be placed, but until the facility can place an additional resident to share the unit, the resident will be liable for:					
a. the full payment of the rental = R 6092.48					
b. the full payment of the body corporate levy, R960.00					
c. the full payment of the CSOS levy, R2.48					
<b>Single Occupancy</b>	R15 586.00	R5 130.00	R960.00	R2.48	R 21 678.48

2. **PERMANENT FRAIL CARE AT THE HAVEN FOR NON-OWNERS, RENTING PRIVATELY**

DESCRIPTION	PRICE PER PERSON REQUIRING PERMANENT FRAIL CARE SERVICES
Double Occupancy	R12 454.00
Single Occupancy	R15 586.00

3. **PERMANENT FRAIL CARE AT THE HAVEN FOR OWNERS**  
(ALL OWNERS OF THE BLUE MOUNTAIN RETIREMENT COMMUNITY)

Kindly take note that owners of the Blue Mountain Retirement Community are entitled to 3 days free medical care services per year, if it is required.

(Care at the Haven if rooms are available) **Should a frail care unit not be available; three days home based care will be provided.**

DESCRIPTION	PRICE PER PERSON REQUIRING PERMANENT FRAIL CARE SERVICES	UNIT RENTAL PAYABLE	BODY CORPORATE LEVY	COMMUNITY SERVICE OMBUDSMAN LEVY	TOTAL
<b>Double Occupancy</b>	R11 208.00	R2 565.00	R480.00	R1.24	R14 254.24

<b>Kindly take note of the following:</b>					
1. the electricity usage of the unit is excluded from the price; and					
2. should the facility not have a double occupancy unit available immediately, the Blue Mountain Retirement Community Owner will be placed, but until the facility can place an additional resident to share the unit, the resident will be liable for:					
a. the full payment of the rent, R6 092.48					
b. the full payment of the body corporate levy, R960.00					
c. the full payment of the CSOS levy, R2.48.					
<b>Single Occupancy</b>	R14 027.00	R5 130.00	R960.00	R2.48	R20 119.48

4. PERMANENT FRAIL CARE AT THE HAVEN FOR OWNERS  
(MEMBERS OF THE BLUE MOUNTAIN HAVEN BODY CORPORATE, PHASE 1)

DESCRIPTION	PRICE PER PERSON REQUIRING PERMANENT FRAIL CARE SERVICES
Double Occupancy	R11 208.00
Single Occupancy	R14 027.00
<p><u>Kindly take note that the following is excluded from the price:</u></p> <ol style="list-style-type: none"> <li>the electricity use;</li> <li>the body corporate levy; and</li> <li>the CSOS levy.</li> </ol>	

5. CLEANING SERVICES

Cleaning services are available to the residents at the Gables and Retirement Estate @ R50.00 per hour.

6. NUTRITIOUS AND WHOLESOME MEALS

For residents at the Haven, Gables and Retirement Estate, the following is available:

Breakfast:	R38.00
Lunch:	R63.25
Supper:	R38.00

Bookings are essential and must be placed 48 hours in advance. Contact Janine on:

Tel: 044-805 7304

7. HOME-BASED CARE

Home-based care is available to the residents of the Blue Mountain Retirement Community. This entails a nursing care worker that assists the resident at home and helps in preparing meals, bathing and dressing, walking with the resident, performing household duties, medication control etc. She performs specific routine tasks under the supervision of either a Registered Nurse or Staff Nurse in the resident's home. These medical services will be discussed with the Nursing Services Manager and will be confirmed in the Home-based care contracts as discussed with the resident or family members involved.

1 Hour Home-based care:	R55.00 for Haven
1 Hour Home-based care:	R65.00 for the Gables and Retirement Estate
12 Hour Home-based care:	R14 000.00 per month
24 Hour Home-based care:	R25 000.00 per month

Home-based care must be requested from the Nursing Services Manager 48 hours in advance.

Tel: 044-805 7311

Email: gm@bmrc.co.za  
 Nursing Station  
 Tel: 044-805 7299  
 Email: [nursing@bmrc.co.za](mailto:nursing@bmrc.co.za)

All stock used will be charged separately and according to medical supply list.

Kindly take note:

The meals are supplied from Food from Eden. When a unit is unoccupied in the Haven, the 15 included meals will be deducted from the monthly service provision fee, subject to notice being timeously received.

The Service Provision Fees will include the following:

Description	Blue Mountain Haven	Blue Mountain Gables	Blue Mountain Retirement Estate
<b>SERVICE PROVISION FEE (SINGLE OCCUPANCY)</b>	R 3 794.00	R 974.00	R 487.00
<b>SERVICE PROVISION FEE (DOUBLE OCCUPANCY)</b>	R 6 260.00	R 1 461.00	R 730.00
<b>LAUNDRY</b> (5 Kg per week)	INCLUDED	AVAILABLE AT R485 / MONTH	AVAILABLE AT R485 / MONTH
<b>CLEANING</b>	INCLUDED	AVAILABLE AT R485 / MONTH	AVAILABLE AT R485 / MONTH
<b>WEEKLY CLINIC SERVICES</b>	INCLUDED	INCLUDED	INCLUDED
<b>WEEKLY SISTER VISIT</b>	INCLUDED	INCLUDED	INCLUDED
<b>3 DAY FRAIL CARE BED AVAILABILITY</b>	INCLUDED	INCLUDED	INCLUDED
<b>15 MEALS / MONTH</b>	INCLUDED	AVAILABLE AT EXTRA CHARGE	AVAILABLE AT EXTRA CHARGE
<b>ACTIVITIES</b>	INCLUDED	INCLUDED	INCLUDED
<b>SHUTTLE SERVICE AS PER ROSTER</b>	INCLUDED	INCLUDED	INCLUDED
<b>PANIC BUTTON RESPONSE AND MONITORING</b>	INCLUDED	INCLUDED	INCLUDED
<b>24 HOUR NURSING AVAILABILITY</b>	INCLUDED	INCLUDED	INCLUDED
<b>HOME BASED CARE</b>	AVAILABLE AT EXTRA CHARGE	AVAILABLE AT EXTRA CHARGE	AVAILABLE AT EXTRA CHARGE

*Body Corporate Levy Structure*

The Body Corporate & CSOS (Community Schemes Ombuds Service) levies are calculated according to the floor size of the unit. The amount varies from R700.00 to R1,60 per month.



## Prior Admission Procedure

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The following documentation is required before Admission of Resident:

- Copy of ID document
- Copy of Medical Aid Card
- Completed Demographic form (Personal information)
- BMRC Medical Report completed by GP.
- Psychiatric report.
- Prescription of medication.
- BMRC Self Administration of Medication form if taking your own medication.
- Blister Packaging for chronic medication.
- Contact details of previous facility.
- Assisted Living or Frail Care signed contract, including Surety.

Nursing:

- Nursing Assessment, Beta & Aggregate Score to be completed by Nursing Services Manager.

Social Welfare:

- DQ98 form – To be completed by our Social worker when Psychiatric report is received.
- LOC (Level of Care) to be determined for stay in our facility.

No admission to take place over weekends or on public holidays without prior notification.



Nutritious and wholesome meals are prepared by Food from Eden to all residents at the Haven, Gables and Retirement Estate.

Lunch every day includes: Soup, 2 Seasonal Vegetables, Salad & Dessert

General Information:

- ✦ Bookings can be made telephonically or by e-mail: Janine 044 805 7304 / [janine@foodfromeden.co.za](mailto:janine@foodfromeden.co.za)
- ✦ All bookings must be made 48 hours in advance & for Sunday Lunch no later than Friday 12 noon. You may invite guests to enjoy lunch with you.
- ✦ Cancellations should be made strictly before 9am the day of the booking.
- ✦ Special dietary requirements for residents should be discussed directly with Janine.
- ✦ Meals which are booked & not cancelled in time, or forgotten, WILL be charged to your account, as the food was prepared.

Arrangement for Take-Away Meals:

- ✦ For Blue Mountain Village & Retirement Estate residents: Please supply the kitchen with your own set of 4xcontainers (1 Main, 1 Soup, 1 Salad & 1 Dessert), clearly marked with your name & phone number, before 10am the day of your booking.

Prices for Lunch Booking:

- ✦ Haven, Gables & Retirement Estate Residents R63.25 p.p.
  - ✦ Blue Mountain Village and Lifestyle Estate Sunday Lunch R80.00 pp.
  - ✦ ALL EXTERNAL GUESTS, ANY DAY R80.00 p.p.
- For emergency home deliveries to RTV, i.e. sickness, a R10 surcharge will apply.

The delivery fee of R15 will not be charged should a resident provide own container and collect meal.

- ✦ NO ITEMS, e.g. SOUP BOWLS, SIDE PLATES OR PLATES MAY BE REMOVED FROM THE DINING ROOM AT ANY TIME.  
Please bring your own container, should you wish to take food home.

**Janine Botes - Food from Eden**

**Blue Mountain Haven – Kitchen -044 805 7304 [janine@foodfromeden.co.za](mailto:janine@foodfromeden.co.za)**

## DSTV Package and Channels available at the Haven

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A Special DSTV packages are available to all residents at Blue Mountain Haven on the following terms and conditions:

1. The monthly package prices:
  - a) Stay Basic - R255.00
  - b) Stay Essential - R375.00
  - c) Stay Ultra - R519.00Extra: Recording function on all 3 packages is available for R95.00 per month.
2. New subscribers can join any time during the year on the 1<sup>st</sup> day of every month.
3. If a new subscriber wants to join in the middle of the month, the subscriber will be liable for the full payment.
4. If the subscriber cancels the contract during the month, the subscriber will be liable for the full payment.

Information available From Linda Swiegelaar.

## Activities & Events

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The following activities and events take place weekly at the Haven.

- Shuttle service to town/mall three times a week
- Movies
- Bible Study
- Church service
- Biokinetic Exercise Classes
- Information sessions by Guest speakers
- Visits/ Outings to various places e.g. coffee shops, botanical gardens, bowling, Victoria Bay
- Bingo & Card games
- Birthday Celebration parties

The Residents' Committee is actively involved in fundraising for the Haven and assists with regular special events, including:

- Pancake day
- Soup & Sherry • Tea parties
- Concerts
- Food Festival

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## Management and Conduct Rules & Rules for Renting

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The Management Rules, Conduct Rules & Rules for Renting are available on our website to view at:  
[www.bluemountainretirement.co.za](http://www.bluemountainretirement.co.za)

### Manager's Note

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Our main priority at the Haven is the well-being of our residents. The care we provide is a holistic approach to the spiritual, social, physical and mental needs of our residents. It is our firm belief that providing a warm and homely environment enables a quicker transition and allows our residents to settle more effectively.

It is of utmost importance to enable our residents to feel needed and be part of the extended family. We believe that promoting and encouraging continued independence allows our residents to grow old with dignity.

Ensuring an open-door policy provides the family with peace of mind, knowing that their loved ones are safe and happy.

Our commitment is first and foremost to the resident.

Christo Steyn

General Manager      044 805 7308      gm@bmrc.co.za

Linda Swiegelaar      044 805 7311      management.bmh@gmail.com

