

HOME BASED CARE SERVICES

By René Adams : Project Manager

During the past financial year 40 carers rendered a service to 39 older persons living in the community. Many older persons are struggling on their own because they cannot afford Home Care and prefer to remain in their own homes. Funding for this service remains a priority. The service fills an essential void in our City.

New legislation emphasizes the importance of registration of community based care services, training of caregivers and registration of professionals with relevant statutory bodies to ensure protection of older persons.

HOME HELP

By Mary-Lee Arnot : Supervisor

During March 2008, 65 homes were cleaned by our team of Home Helpers, during 202 sessions.

During March 2009, 71 homes were cleaned during 253 sessions. The figures fluctuate because of residents either moving away or passing away. There are presently three vacancies to fill which will generate a further six sessions.

I have enjoyed working with Linda, Mavis and Hazel who continue to be a hard working team in assisting their clients to keep their homes clean, either on a weekly or fortnightly basis. Our clients are residents in Buffelsfontein, the Sanctuary and a few residents living in flats in Central and houses in Newton Park .

SILVER STARS SERVICE CENTRE

By Zaren Drennan : Organizer
René Adams : Project Manager



Fun in the Sun at Wells Estate

Our combined clubs being Silver Stars, Sameach and Busy Hands have enjoyed a wonderful year of fellowship and special events. A special Mothers Day Tea was held where they were taught to make a fancy paper hat. Grandparents Day was enjoyed with a picnic at Wells Estate – what a super day! Members went on an excursion to Kragga Kamma Game Park, celebrated Valentine’s Day in style, enjoyed gospel performers and entertainers and participated in the Sports Day for the Aged at the Nelson Mandela Metropolitan University. Bingo is still thoroughly enjoyed by all. We enjoyed a super meal at the Spur to end off 2008! Thanks to all our members who made this year such a memorable one! Keep shining.

SPONSORED HOME CARE

By Lisa Diesel: Principal Social Worker

ABCA was able to submit a Business Plan to Social Development requesting funding for Home-based Care (linked to an Elder abuse programme). An amount of R59 722 was received from Priority Projects. This enabled us to appoint, on contract, two more carers in August 2008. Betty Sithole and Mandisa Sibozza had moved from Cuylerholme Rooms to Buffelsfontein Village during the past year due to a need for home care in the village.

ABCA did not have the available funding to appoint carers at both facilities but were able to do so when the funding from Social Development became available. The amount that ABCA is able to claim, however, does not cover the costs for the full financial year. As a result we are unable to extend this service to where it is also greatly needed; the broader community.

Case examples of how valuable this service is to our residents:

A 90 year old resident with no family, lost her husband about two years ago. This loss accelerated her aging, both mentally and physically. She is prone to falls and a few months ago broke her arm after a fall. She was unable to help herself as a result. Our carers, Betty and Mandisa, have provided her with daily assistance. She is helped to bath, dress and prepare meals. On most days they are her only contact with the outside world. When anxious, she suffers from aphasia and communicates with great difficulty. She is desperate to stay in the village and is fiercely independent. She is presently only able to do so due to the daily assistance from our carers.

One resident was a very active grandmother and wife until she suffered a major stroke a few months ago. This was devastating for her as it affected her speech, her mobility and resulted in her spending most of her time in bed or in a wheelchair. She had to use adult nappies and had to be bathed. Our carers provided daily assistance to her and support to her husband. They cared for her until she passed away recently. She was extremely depressed and they were also a source of emotional support to her.

A few days before a couple moved into their cottage, the husband had a bad fall and had to undergo surgery as a result. He has been bedridden ever since and healing has been slow due to his advanced age. His wife needs help to care for him as she has severe arthritis in her hands. Our carers provided daily assistance with tasks to ensure that they both are able to cope. She says she cannot put into words the important role that the carers play in her life and in enabling her to cope in a difficult situation.

The assistance from the carers enables many of our residents to remain in their own familiar environment for as long as possible, delaying costly institutional care and in some cases even negating the necessity for frail care totally. Our carers are valuable assets to our organization and to the residents that are dependent on their skills.

HOUSING PROJECTS : Buffelsfontein Village & Cuylerholme Rooms
By Lisa Diesel : Project Manager

Accommodation at Buffelsfontein Village and Cuylerholme Rooms remained in demand over the past year. Shortage of affordable accommodation is still a dilemma for many older persons.

At Cuylerholme Rooms, we continue to provide assisted living to many residents who would otherwise not be able to function independently in the community due to physical or mental challenges or social problems. ABCA has received wonderful support from churches, service clubs, businesses and others who have provided assistance to residents in various ways.

The Nelson Mandela Metropolitan Municipality indigent subsidy continues to provide a subsidy on water and sewerage at both Cuylerholme Rooms and Buffelsfontein Village. A portion of this subsidy is outstanding for Cuylerholme Rooms.

Buffelsfontein Village remains full to capacity with many people desperate for accommodation in our village. ABCA introduced an electricity levy for residents from 1 September 2008. Although we continue to receive the Indigent Subsidy, ABCA receives no subsidy on electricity. The recent and proposed increases in electricity will have an effect on our finances and necessitated the introduction of this levy.

Both Cuylerholme Rooms and Buffelsfontein Village have been blessed with donations and offers of assistance over the past year. We are truly grateful for this assistance.

BUFFELSFONTEIN VILLAGE

Jonathan van der Nest : Village Manager

By Lisa Diesel : Project Manager

The painting of the flats (exterior) is almost complete and funds from the NLDTF were fully utilised by yearend. Block DD and FF are the only two that now require painting. So many favourable comments have been received from the public regarding how much better the village looks after our "facelift". Painting of interior passages of all the flats is also complete. The bathrooms and passage ceilings of the flats will be painted when funds become available. The cottage roofs have all been painted and plans are on the table to paint the flat roofs as well.

We were extremely blessed the past year with donations received. St Peters Congregational church delivers a meal for about sixty needy residents every Sunday.



Unloading the new benches that were paid for in part by the Old Mutual Staff Volunteer Trust Fund

Six benches were also kindly donated to the village. These are such a treat for our residents as it allows them to sit outside in the warm sun. Ideally, we would like to acquire some more, but unfortunately, they are costly. The lighting in the village is due for upgrading. Plans are also in motion to make provision for visitors and handicapped parking areas.

Other routine maintenance continued in the village. We are grateful to Peter Long for his regular donations of materials, which we have been able to use in the village.

Three toilets were converted to showers and the kitchen yard was enclosed. The hall floor was sanded, which brought to light a few problems due to bulging floor boards. This was however resolved with some alterations.



The beautiful tiles compliments of Versatile in the newly enclosed kitchen yard at Buffelsfontein Village. It is now used as a receiving area.



ABSA Bank donated wheelchairs to Mrs Grauso and Mrs Watkins. Both Buffelsfontein Residents