



Methodist Homes Care Centres – where professional, compassionate care provides complete peace of mind

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The decision to place a frail loved-one in a Care Centre is without any doubt a very difficult and emotional one, which can be compounded by feelings of guilt. Regardless of the love and devotion for a loved-one, few people have the ability, skills and facilities to look after a frail family member. The growing trend of smaller family units also places more pressure on families having to find a suitable Care Centre for their loved-one.

The challenge is finding the *right* facility that will provide the very best of care. With Care Centres located at nine of our fourteen Retirement Villages, we, at Methodist Homes (MHA), are able to offer families holistic mid and frail care solutions for their loved-one," says MHA's Group Nursing Services Manager, Daniela Müller. "As every family has their own unique set of challenges, we work closely with them to determine their loved-one's exact needs. We also have support groups and we communicate regularly with families."



The close bonds that the dedicated MHA Care Centre staff form with the residents align with the Eden Alternative philosophy

Daniela also points out that for residents living at an MHA Retirement Village with a Care Centre, the transition from living independently to needing full time care is a lot easier and less disruptive.

Having started operations in 1970, MHA has more than 50 years of experience in providing the elderly with comfortable, safe accommodation and professional care. However, it has never been just about merely taking care of the elderly residents' basic needs. At MHA it's about creating a nurturing, warm, friendly, safe and stimulating environment in which all residents are seen as individuals and are treated with dignity and respect.

"What makes us truly unique is our indelible culture of compassionate care that resonates throughout all our Retirement Villages and Care Centres," asserts Daniela. "Our staff does not consider it as just a job. Their compassion for our valued residents is reflected in their eyes, their smiles and in the way they take care of the residents, whether helping them to bathe, washing their hair, dressing and eating or giving them their medication."



Compassion for residents in their care reflects in the eyes and in the smiles of MHA staff

MHA's over 315 well-trained Care Centre staff includes 35 registered nurses, nursing managers and care workers. Six of the nine Care Centres are equipped to provide care for residents living with dementia and early onset Alzheimer's supported by MHA staff who is fully trained in dementia, palliative care, etc. "We are also able to offer care to residents who are in the advanced stages of Alzheimer's at our Retirement Village in Germiston, Gauteng," notes Daniela.



MHA Care Centres offer holistic mid and frail care solutions as well as specialist Alzheimer's and dementia care at select Centres

The MHA Care Centres, eight in Gauteng and one in Potchefstroom, North West Province, have a total bed capacity of 632 and are equipped with state-of-the-art equipment including Nordic relaxation chairs that help ease the anxiety of residents with dementia. Furthermore, MHA staff is supported by a team of Physiotherapists, Occupational Therapists, Recreational Therapists, General Practitioners, Geriatric Psychiatrists and social workers who visit both residents at the Care Centres as well as independent living residents in the Retirement Villages.

"With our many years of experience and highly trained, passionate staff, combined with our well-equipped Care Centres, we bring peace of mind to families who place their loved-ones in our professional care," concludes Daniela.

MHA's fourteen Retirement Villages (twelve in Gauteng and two in the North West Province) offer a wide range of accommodation options that include bedsitters, one-, two- and three-bedroomed units for sale and various rental offerings, all set in a tranquil, safe and secure environment.

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Feature image: MHA's well equipped Care Centres & highly trained staff bring peace of mind to families whose loved ones are in our professional care.

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