TRANS 50

A retirement lifestyle **ensuring peace of mind**

'n Aftreeleefstyl **met gemoedsrus**

"I could just feel I was in the right place!"

People tend to feel this way about Trans-50 villages, immediately sensing the atmosphere of peace, tranquillity and care, feeling uplifted by the beautifully kept gardens and neat buildings, meeting our friendly employees and experiencing their commitment and professionalism. And then, they discover our wide range of services and facilities…

"Ek kon net voel ek was op die regte plek!"

Dít is gewoonlik mense se reaksie wanneer hulle by een van Trans-50 se oorde kom. Hulle kan dadelik die rustigheid en warmte aanvoel wanneer hulle die versorgde tuine en netjiese geboue sien en ons vriendelike, professionele personeel ontmoet. En dan ontdek hulle al die geriewe en dienste wat ons bied…

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The perfect retirement lifestyle

Finding that special place to satisfy your needs in retirement is probably one of the most important decisions you will make. But, where does one begin? Although the external appearance of your new abode is important, the most critical factor is undoubtedly the quality of support and care you will receive.

Trans-50 offers it all!

For the past 40 years, Trans-50 has been perfecting the art of meeting the needs and expectations of our senior population, in all its diversity.

We offer a lifestyle where you can enjoy maximum independence, security, privacy *and* freedom of choice. Whether you are still working or retired, highly independent or in need of assisted living or frail care, Trans-50 provides a range of tailor-made services, aimed at the changing needs of the older person.

Trans-50 is an independent, non-profit Section 21 company, which owns and manages gracious residential villages for the over-50s, throughout South Africa.

Die ideale aftreeleefstyl

Om die regte plek te kies wat aan al die vereistes voldoen wanneer jy oor 50 is, is sekerlik een van die belangrikste besluite wat jy ooit gaan neem. Maar waar begin 'n mens? Alhoewel dit belangrik is hoe jou nuwe tuiste lyk, is dié belangrikste faktor ongetwyfeld die gehalte van die versorging en ondersteuning wat jy gaan ontvang.

Trans-50 bied jou die beste!

Trans-50 het oor die laaste 40 jaar die kuns bemeester om in ouerwordende persone se uiteenlopende behoeftes te voorsien.

By ons geniet jy maksimale onafhanklikheid, veiligheid, sekuriteit en privaatheid. Trans-50 bied jou 'n keuse van persoon-gesentreerde sorg wat toegespits is op die veranderende behoeftes van ouerwordende persone.

Trans-50 is 'n onafhanklike, nie-winsgewende Artikel 21-maatskappy wat pragtige residensiële-oorde vir mense oor 50 regoor Suid-Afrika besit en bestuur.

You choose...

If you are over the age of 50, you qualify to reside in a Trans-50 village. Our services and facilities are geared for independent residential living, assisted living through home care, and frail care.

Our cottages and villas are sold on a life-right basis, with cottages and studio apartments occasionally available for rental. Our frail care facilities are staffed by professional nurses and are subject to a monthly fee.

Jy kies...

As jy oor die ouderdom van 50 jaar is, kwalifiseer jy om in 'n Trans-50 oord te woon. Ons dienste en geriewe is van so 'n aard dat jy onafhanklik kan wees, bystandsorg in jou huis kan geniet, of verswaktesorg ontvang.

Ons kothuise en villas word op lewensreg verkoop, en daar is ook van tyd tot tyd woonstelle te huur. Ons verswaktesorg-eenhede, word deur professionele verpleegkundiges beman en is aan 'n maandelikse fooi onderhewig.

The responsibility is ours...

A major advantage of buying into a Trans-50 village is that we retain responsibility for the ongoing maintenance of all communal facilities, as well as the exterior of your home. Our gardens are beautifully kept to provide year-round pleasure to our residents, employees and visitors.

Trans-50 villages are managed by qualified and experienced managers, who lead a team of experts in their job functions. These managers are ably supported and assisted by a management committee, elected by the residents of each village. At Trans-50, your voice counts!

Die verantwoordelikheid berus by ons...

Een van die grootste voordele om 'n stukkie van 'n Trans-50 oord te besit, is dat ons verantwoordelik bly vir die onderhoud van al die gemeenskaplike geriewe, asook vir die buitekant van jou tuiste. Ons tuine word ook pragtig versorg en onderhou sodat ons inwoners, personeel en besoekers regdeur die jaar genot daaruit kan put.

Trans-50 het gekwalifiseerde en ervare bestuurders aan die stuur, wat 'n span kundiges in hulle take lei. Hierdie bestuurders word deur 'n bestuurskomitee ondersteun. Die komitee word deur die inwoners van elke oord verkies. By Trans-50 tel jou stem!

An integrated approach

The Trans-50 retirement lifestyle ensures peace of mind through financial stability, a professional management team, quality person-centred care and properly maintained premises.

We strive to be the leader in providing quality accommodation and in delivering person-centred care to the 1 500 older persons who have already chosen to call our villages *home*.

We adhere to world-class work standards to help create customer satisfaction. Our employees are passionate about providing high quality service to our residents and making their experience at Trans-50 exceptional. They take pride in their work, and it shows.

Trans-50 employees participate in in-house training and ongoing development programmes to ensure that their skills are honed to perfection. All care activities are directed by a team of qualified nursing professionals, based at each community.

Our residents can attest to our emphasis on integrity and world-class customer service.

'n Geïntegreerde benadering

'n Aftreeleefstyl in 'n Trans-50 oord verseker gemoedsrus omdat dit finansiële stabiliteit bied, 'n professionele bestuurspan in beheer is, kwaliteit persoon-gesentreerde sorg verskaf en die persele uitnemend onderhou word.

Ons strewe daarna om die beste aftreeleefstyl te verskaf deur die lewering van persoon-gesentreerde sorg. Daar is alreeds 1 500 ouerwordende persone wat ons oorde hul *tuiste* noem.

Ons handhaaf wêreldklas-werkstandaarde om ons te help om ons inwoners tevrede te stel. Ons personeel het 'n passie vir hulle werk — om uitmuntende diens te lewer en ons inwoners werklik gelukkig te maak. Hulle is trots op wat hulle doen, en dit word in hul werk weerspieël.

Trans-50 se werknemers ontvang indiensopleiding en neem deel aan voortgesette ontwikkelings-programme om hulle vaardighede te slyp. Elke oord beskik oor 'n span gekwalifiseerde en professionele verpleegkundiges, wat aan die hoof van al die versorgingseenhede staan.

Ons inwoners kan daarvan getuig dat integriteit vir ons uiters belangrik is en dat ons 'n diens van wêreldgehalte lewer.

Seeing is believing

At Trans-50 we don't just claim to be transparent or to care for our residents; we try to make our commitments visible to our residents, in the following important ways:

Our values

Through our values of honesty, trust, respect and accountability, our residents experience our commitment to quality care and transparency. Every Trans-50 employee has been involved in developing our organisation's values and supporting behaviours. We believe that our success is due to the fact that we live by our values, daily.

We consult with you

In order to promote transparency and peace of mind, Trans-50 villages promote consultative processes between the residents, employees and the Trans-50 management team. This ensures that your voice, as resident, will be heard.

The residents of each village elect a management committee which comprises of residents, Trans-50 employees and members of the broader external community. The management committee, representing all residents, meets regularly and drives various consultative processes such as the budgeting process, approval of the annual budget and deciding on certain priorities within the village.

Sien is glo

By Trans-50 beweer ons nie bloot dat ons deursigtig is of omgee vir ons inwoners nie — ons probeer dit vir ons inwoners wys deur die volgende na te streef:

Ons waardes

Ons eerlikheid, betroubaarheid, respek en aanspreeklikheid maak dit vir ons inwoners duidelik dat ons ernstig is oor deursigtigheid en kwaliteit sorg. Elke Trans-50 werknemer was betrokke by die samestelling van ons organisasie se waardes, asook optredes wat daarmee strook. Ons is oortuig daarvan dat ons sukses grootliks te danke is aan die feit dat ons elke dag volgens ons waardes lewe.

Ons raadpleeg jou

Trans-50 oorde gebruik konsultasieprosesse tussen die inwoners, personeel en Trans-50 se bestuur om openlikheid en gemoedsrus te verseker. Jy as inwoner word gehoor.

Elke oord se inwoners verkies 'n bestuurskomitee, wat bestaan uit inwoners, Trans-50-personeellede en lede van die groter eksterne gemeenskap. Die bestuurskomitee kom gereeld bymekaar en lei verskeie konsultasieprosesse waarby al die inwoners betrokke is, soos dié rakende die begroting, die goedkeuring van die jaarlikse begroting, en om sekere prioriteite binne die oord te bepaal.

The ombudsman

An important facet of our commitment to transparency and exceptional care is fulfilled by the Trans-50 ombudsman.

The ombudsman is an independent authority who promotes the rights of Trans-50 residents and also investigates complaints, concerns or suggestions made by or on behalf of any resident. The results of any investigation are shared with all stakeholders. The ombudsman not only protects the rights of residents, but also ensures that residents understand their rights.

The ombudsman interacts with residents, their families and friends, interested members of the broader community as well as public and private agencies to enhance the quality of life of residents of Trans-50 villages.

The ombudsman's services are both confidential and free and aimed at promoting the highest standards in terms of quality of life, care programmes and services.

Trans-50 complies with all national legislation regarding older persons. Our villages are duly registered and comply with the requirements of the Older Persons Act.

Die ombudsman

Trans-50 se ombudsman speel 'n belangrike rol in ons daadwerklike openlikheid en uitstaande sorg.

Die ombudsman is 'n onafhanklike gesag wat Trans-50 inwoners se regte beskerm. Hy of sy ondersoek ook klagtes, vrae en voorstelle wat deur of namens enige inwoner geopper word. Die uitslag van elke ondersoek word met al die belanghebbendes gedeel. Die ombudsman beskerm nie net die inwoners se regte nie, maar sorg ook dat die inwoners bewus is van hul regte.

Trans-50 se ombudsman het interaksie met die inwoners, hulle families en vriende, belangstellende lede van die groter gemeenskap, asook openbare en private agentskappe om die inwoners se lewenskwaliteit te verhoog.

Die diens wat die ombudsman lewer is gratis, vertroulik, en daarop gemik om die inwoners van die beste lewenskwaliteit, versorging en dienste te verseker.

Trans-50 voldoen aan al die vereistes wat in die nasionale wette oor ouerwordende persone vervat is. Ons oorde is na behore geregistreer en voldoen ook aan die vereistes van die Wet op Ouer Persone.

A life enriched

The Trans-50 team believes that an holistic and balanced life is essential for optimal health. Therefore, our focus integrates the five dimensions of wellbeing — social, emotional, spiritual, physical and intellectual — into all services and levels of care. This wellness philosophy greatly benefits all our stakeholders.

In our striving to make each resident's stay exceptional, we consult with multi-disciplinary teams guided by gerontologists and occupational therapists who are able to advise us on and assist in the development of unique, person-centred care and lifestyle enrichment programmes.

We want our residents to live their lives to the fullest and to embrace new opportunities with enthusiasm and joy. Freedom of choice and protection of individualism are among our prime goals. As such, residents are free to choose if they wish to participate in our life enrichment programmes and consultative processes.

Verryk jou lewe

Die Trans-50 span glo dat 'n holistiese en gebalanseerde lewe onontbeerlik is vir gesondheid. Ons kombineer daarom die vyf komponente van 'n mens se algehele welstand — die sosiale, emosionele, spirituele, liggaamlike en intellektuele — in al ons dienste en vlakke van versorging. Alle belanghebbendes put voordeel uit hierdie welstand-filosofie.

Ons strewe daarna om elke inwoner se verblyf uitsonderlik te maak, daarom raadpleeg ons multidissiplinêre spanne wat deur gerontoloë en arbeidsterapeute gelei word. Hierdie spanne gee ons raad en help ons om unieke persoon-gesentreerde sorg en leefstyl verrykende programme daar te stel.

Ons wil graag hê ons inwoners moet hulle lewe ten volle geniet en nuwe geleenthede met albei hande aangryp. Omdat dit egter vir ons net so belangrik is om elkeen se individualiteit en vryheid van keuse te beskerm, kan die inwoners self kies of hulle aan die lewensverrykende programme en konsultasieprosesse wil deelneem.

Our services and facilities include the following:

Wellness programmes

Customised to individual needs and based on an expert assessment of the specific needs of each individual.

Lifestyle enrichment programmes

Led by our lifestyle consultants, activities and events range from seminars to biokinetics, gym trim and jaunts to interesting places, to discovering and developing new creative skills.

Other opportunities for physical exercise include activities such as pool, darts, jukskei and carpet bowls.

Our physically and mentally frail residents have a tailor-made programme to assist with their special needs. This includes sensory stimulation, eye-hand co-ordination, exercises and much more.

Fun for everyone

Each community has a range of social groups to participate in and the monthly Events & Activities Calendar will keep any diary filled with fun.

Religious services

Church services from various denominations are held at the villages every week.

Ons dienste en geriewe sluit die volgende in:

Welstand-programme

Hierdie programme word saamgestel volgens elke individu se unieke behoeftes, wat deur middel van deskundige assessering bepaal word.

Lewensverrykende programme

Die aktiwiteite en geleenthede in hierdie programme word deur ons leefstyl-konsultante gelei. Dit wissel van seminare en uitstappies na interessante plekke, tot biokinetiese en gim-trim-oefeninge en die aanleer van nuwe kreatiewe vaardighede.

Jy kan ook liggaamlike oefening kry met potspel (“pool”), veerpyltjies, jukskei en mat-rolbal.

Ons liggaamlik- en verstandelik-verswakte inwoners se programme word ook individueel saamgestel om in hulle spesiale behoeftes te voorsien. Dit sluit sensoriese stimulasie, oog-hand-koördinasie oefeninge en nog baie meer in.

Pret vir almal

Daar is verskeie sosiale groepe by elke oord waarby jy kan inskakel, en die maandelikse Gebeure & Aktiwiteite-kalender bied jou heerlike ontspanning en pret.

Eredienste

Daar word weekliks kerkdienste deur verskillende denominasies by die oorde gehou.

Trans-50 —
A time of change and renewal,
enlightenment and awareness!
Trans-50 —
'n Tyd van verandering en
vernuwing, van lig en lewe!

A safe and secure environment

Every village has controlled access and around-the-clock security with guards on patrol.

Meals and nutrition

We offer three, nutritionally balanced meals per day.

Residents in the care facilities and those who require assisted living, enjoy their meals in the dining room and also receive tea and snacks twice daily, all included in the monthly fee.

Residents of the life-rights units may choose to dine in the dining room, or have their meals delivered to their home. These residents are also welcome to order meals on an *ad hoc* basis, to suit their lifestyle.

Transportation

As a service to our residents, we provide convenient transportation to and from local shopping centres, local doctors' consulting rooms, hospitals and the like.

Health care

Professionally qualified nursing staff are on duty 24 hours per day to assist with activities of daily living and nursing care (with the exception of Jakaranda Park). These staff members are trained to assist with medical emergencies. Our residents can relax, knowing that nursing assistance is always at hand.

'n Veilige omgewing

Elke oord het toegangbeheer en wagte wat 'n 24-uur patrolliediens lewer.

Maaltye

Ons bied drie gebalanseerde maaltye per dag.

Die inwoners in die sorgeenhede en die wat bystandsorg nodig het, geniet hulle etes in die eetvertrek en kry ook twee keer per dag tee en verversings, wat alles by die maandelikse fooi ingesluit is.

Diegene wat in lewensreg-eenhede woon, kan kies of hulle in die eetvertrek wil eet, en of hul maaltye by hulle wonings afgelewer moet word. Hierdie inwoners is ook welkom om etes op 'n *ad hoc*-basis te bestel om by hulle leefstyl te pas.

Vervoer

Nog 'n diens aan ons inwoners is vervoer na en van plaaslike winkelsentrums, asook plaaslike dokterspreekkamers, hospitale ensovoorts.

Gesondheidsorg

Gekwalifiseerde verpleegpersoneel is 24-uur per dag aan diens om jou by te staan met daaglikse aktiwiteite en verpleegsorg (met die uitsondering van Jakarandapark). Hierdie personeel is ook opgelei om mediese noodgevalle te hanteer. Ons inwoners kan ontspan met die wete dat daar altyd verpleegpersoneel byderhand is.

Carer-to-resident ratios

We believe that the secret to providing superior care lies not only in employing professional staff, but also, in maintaining optimal carer-to-resident ratios.

Frail care facilities

With the exception of Jakaranda Park, every Trans-50 village offers an excellent frail care facility, equipped to cater for both physically and mentally frail residents in a caring environment, with individually-designed mental and physical care and stimulation programmes.

We create a homely atmosphere where family and friends are always welcome, without restrictions on visiting time.

Assisted living

We offer home care for those who need some degree of support but who prefer the comfort of their own cottage or flat.

Medication management programmes

We help to take the risk and confusion out of the administration of medication.

Regular and ongoing communication methods

Residents and employees of all the villages contribute to a newsletter which is published by Trans-50 three times a year, and distributed to every village.

Convenience facilities

Our villages have a village mini-market or tuck shop, laundry facilities, a well-stocked library and hairdressing salon.

Versorger-tot-inwoner-verhouding

Ons glo dat die geheim van uitstaande versorging nie net daarin lê om professionele personeel aan te stel nie, maar ook om die beste versorger-tot-inwoner-verhouding te handhaaf.

Verswaktesorg-eenhede

Met die uitsondering van Jakarandapark beskik elke Trans-50 oord oor ’n uitstaande verswaktesorg-eenheid wat voorsiening maak vir liggaamlik- sowel as verstandelik-verswakte inwoners. Daar word vir elkeen van hierdie individue ’n versorging- of stimulasieprogram saamgestel.

Ons skep ’n huislike atmosfeer waar families en vriende ten alle tye welkom is — daar is geen spesifieke besoektye nie.

Bystandsorg

Ons bied ook tuisversorging aan inwoners wat ’n mate van bystand nodig het, maar verkies om in hulle eie tuiste te woon.

Medikasiebestuur

Ons help om die risiko en verwarring rondom medikasietoediening uit te skakel.

Gereelde kommunikasie

Inwoners en werknemers by al die oorde lewer bydraes vir ’n nuusbrief wat drie keer per jaar deur Trans-50 uitgegee en na elke oord versprei word.

Gerieflikheids-fasiliteite

Al ons oorde het ’n minimark of snoepwinkel, was-goed-geriewe, ’n goed-ingerigte biblioteek en ’n haarsalon.

A village to call home

Our villages offer residents the opportunity to become part of a community while enjoying an independent lifestyle.

Most of our villages have a waiting list, so don't hesitate — come and meet us today!

'n Oord wat jy jou tuiste kan noem

In ons oorde kan jy deel wees van 'n gemeenskap terwyl jy steeds 'n onafhanklike lewe lei.

Die meeste van ons oorde het 'n waglys; moet dus nie uitstel nie — gesels vandag nog met ons!

Frail care services

In addition to the frail care facilities at our own villages, we manage frail care services for other property owners. We are currently expanding this service offering to various provinces. Please contact us for the latest information.

La Clémence Frail Care Unit

La Clémence Frail Care Unit is set in the beautiful grounds of the La Clémence sectional title retirement village, in Stellenbosch. Trans-50 does not own La Clémence village, but has been contracted to manage the 24-hour clinic, frail care and sub-acute unit. Trans-50 also provides assisted living services to residents of the village.

The La Clémence Frail Care Unit caters for *any* over-50s who need healthcare, not only for residents of La Clémence village. It is a light and airy, boutique-style healthcare centre, offering superior healthcare across a range of client needs. Equipped to international standards of optimal care, La Clémence caters for a maximum of 18 clients, thus ensuring privacy and personal service from its highly qualified and experienced staff.

As with all Trans-50's frail care facilities, La Clémence offers peace of mind to its residents and their family and friends.

Verswaktesorg

Benewens die verswaktesorg-geriewe by ons eie oorde bestuur Trans-50 verswaktesorg-dienste vir die eienaars van ander eiendomme. Ons is tans besig om hierdie dienslewering na verskeie provinsies uit te brei. Kontak ons gerus vir die jongste inligting.

La Clémence Verswaktesorg-eenheid

La Clémence Verswaktesorg-eenheid lê op die pragtige perseel van die La Clémence deeltitel aftree-oord in Stellenbosch. Trans-50 besit nie hierdie aftree-oord nie, maar is gekontrakteer om die 24-uur-kliniek, verswaktesorg-eenheid en sub-akute eenheid te bestuur. Trans-50 verskaf ook bystandsorg aan die inwoners van die oord.

Die La Clémence Verswaktesorg-eenheid staan gereed vir *enigiemand* oor 50 wat gesondheidsorg benodig — nie net die inwoners van La Clémence nie. Dit is 'n ruim sentrum in 'n boetiekstyl wat jou uitstaande gesondheidsorg op uiteenlopende gebiede bied. Hierdie eenheid is volgens internasionale standaarde vir hoësorg toegerus en maak voorsiening vir hoogstens 18 kliënte, wat jou privaatheid sowel as persoonlike aandag van die hoogs gekwalifiseerde en ervare personeel waarborg.

Net soos al Trans-50 se ander verswaktesorg-eenhede bied La Clémence die inwoners sowel as hulle families en vriende gemoedsrus.

Contact us!

Most of our villages have a waiting list, so contact us today to secure *your* perfect retirement lifestyle!

For more information about Trans-50 or any of its communities, you may do any of the following:

Visit our website at **www.trans50.co.za**
Contact our head office on **011 823 2651** or email us at **admin@trans50.co.za**

Call any village on the numbers provided below:

Kimberley:	Acacia Park Retirement Village
Telephone:	053 861 1923/4
Bloemfontein:	Fichardt Park Retirement Village
Telephone:	051 522 6811
Pretoria:	Jakaranda Park Retirement Village
Telephone:	012 331 0017/0692
Durban:	Outspan Retirement Centre
Telephone:	031 205 1327/1392
Cape Town:	Panorama Palms Retirement Village
Telephone:	021 930 6035/53/41
Boksburg:	Witfield Park Retirement Village
Telephone:	011 826 2441/2
Stellenbosch:	La Clémence Frail Care Unit
Telephone:	021 888 9430

Gesels met ons!

Die meeste van ons oorde het ’n waglys so kontak ons vandag nog om seker te maak *jy* gaan die perfekte aftreeleefstyl geniet!

As jy meer inligting oor Trans-50 of enigeen van ons oorde verlang, kan jy die volgende doen:

Besoek ons webwerf by **www.trans50.co.za**
Skakel ons hoofkantoor by **011 823 2651** of stuur ’n e-pos na **admin@trans50.org.za**

Skakel enige oord by die onderstaande nommers:

Kimberley:	Acaciapark Aftree-oord
Skakel:	053 861 1923/4
Bloemfontein:	Fichardtpark Aftree-oord
Skakel:	051 522 6811
Pretoria:	Jakarandapark Aftree-oord
Skakel:	012 331 0017/0692
Durban:	Outspan Aftreesentrum
Skakel:	031 205 1327/1392
Kaapstad:	Panorama Palms Aftree-oord
Skakel:	021 930 6035/53/41
Boksburg:	Witfieldpark Aftree-oord
Skakel:	011 826 2441/2
Stellenbosch:	La Clémence Verswaktesorg-eenheid
Skakel:	021 888 9430

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