

# HEALTH CARE SERVICES



There are 2 fully furnished Midcare units that are equipped with DSTV, a kitchenette and bathroom and are used for short term stays if one is recovering post-operatively, dealing with chemotherapy or if you just need a break from your kids!

Midcare is the place to stay for a couple of days while your children are away on business/holiday.

Granny Day Care is also on offer!

***A medical practice number is available in cases where medical aid benefits can be obtained. Terms and conditions of each medical aid will apply.***

Rubicon Care's mission is to provide ***a unique calibre of compassionate care*** to all their residents/patients and we would love to take care of you!

Rubicon is equipped with a fully stocked library to enjoy hours of reading, as well as a salon for all your pampering and grooming needs.

Catering is provided by a professional service provider in conjunction with dieticians and health regulations. Nutritious, homely meals are freshly prepared daily. We ensure wholesome quality food. Specialised diets are also catered for.

## **MIDCARE SERVICES AVAILABLE:**

*Services below offered IN SINGLE ROOMS on 3 options:*

- Rental of unit
- Meals
- Cleaning (6 days per week)
- Washing (once per week)
- 24hr nursing emergency assistance / specialing patient
- Administering of medication
- Monitoring of vital signs
- Regular check ups
- Bathing and washing
- Assistance with bathroom
- Feeding and turning
- Feedback to family on the wellbeing of the resident when required
- Activities for residents arranged by the Nursing Services Manager

## HEALTH CARE SERVICES

MIDCARE

### **OPTIONAL EXTRA HEALTHCARE SERVICES AVAILABLE AT ADDITIONAL FEES:**

**The following services can be rendered in the comfort of your home / apartment.**

- Nail treatment
- Hair treatment
- Nebulisation
- Catheter care

Appointments can be made at Rubicon Care for the following Services in your unit: We have agreements with these service providers to provide these services in your unit.

- Private Doctor
- Private Dentist
- Occupational Therapist
- Physiotherapist – in gym (therapy bed)
- Speech Therapist
- Audiometry & Management of Hearing Aids
- Dietician
- Social Worker
- Wound Care Sister – for treatment of complicated wounds at home (contracted to the medical aid)
- Hospice – Rubicon Care works in close association with Hospice and are available for counselling care at any time
- Ambulance – preferred supplier appointed with preferential rates to Rubicon residents
- Pharmacy Services – the following pharmacies deliver to Rubicon free of charge: Mopani, Dis-Chem, Russell's Pharmacy, Van Heerden's, and Clicks