

# Caring for the Elderly



## Overview

**Location** Cape Town, South Africa.

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**Duration** From 2 weeks.

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**Dates** All year round.

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- Requirements**
- Minimum age: 18.
  - You must have an Upper Intermediate level of English.
  - Special skills: Previous experience working with the elderly is advantageous. You should have an ability to take the initiative as well as a compassionate heart for the elderly.
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**Your impact** 

The impact of your volunteer work depends on the nature of the project. In addition, it may also depend on whether the project offers a full volunteering experience or a combination of volunteering and tourism. For details, please see the description of the project and what's included in the project fees.

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**Documents required** Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.

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**Day of arrival** Thursday.

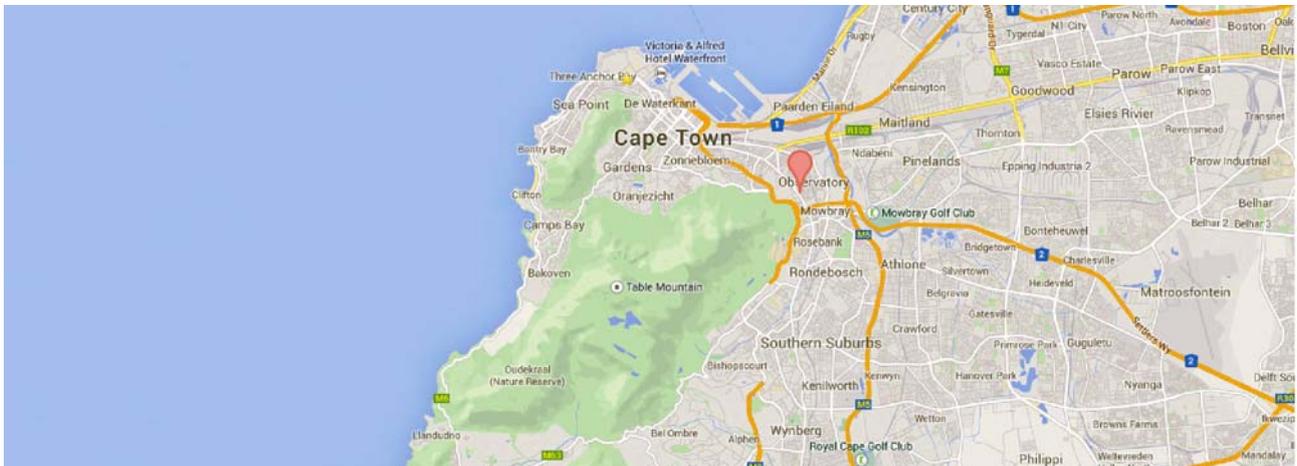
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**Day of departure** Saturday.

## Highlights

- As a volunteer, you are able to have a real impact on someone's life.
- Assist in improving the quality of life of the elderly.
- Gain knowledge from stories and experiences of the elderly people.
- Receive personal support from the volunteer coordinator.
- Experience amazing tours and adventures in and around Cape Town.
- Make new friends from all over the world.

## Project information



The project was founded in 1953 by a group of volunteers with a vision: to improve the quality of life of the elderly. Since then it has grown into an organisation that is a leader in the field of care and nursing for the aged. The organisation manages a large number of homes for the elderly, including numerous new upmarket developments. For those in need, full care is provided, while there are also independent living options.

This organisation aims to provide all its residents with the highest standard of care and nursing within a homely environment and to promote quality of life, the maintenance of independence, and the preservation of dignity - by becoming members of a senior centre, residents are encouraged to participate in all aspects of community life.

The Caring for the Elderly offers competitive health care, and in all health care facilities, there is provision for those who need special additional care. Trained health care professionals provide quality care while independence is encouraged.

This organisation offers the elderly a variety of options and services for their retirement. You will work at one of the facilities situated in Rondebosch and Newlands, which are established leafy suburbs about 15 minutes away from the city centre. The facilities boast picturesque and tranquil surroundings, security and excellent in-house services which together create the setting and peace of mind retirees seek when planning their retirement.



## Programme details

You will assist professional carers, helping to care for the elderly.

### Your role

Monday – Friday, from 08:00 – 16:00.

In general, you will assist caregivers in looking after the elderly. This would include keeping the residents busy with activities like art classes, playing games, or even playing a musical instrument (if you have this skill).

**It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.**

## Arrival

You will need to arrive on a Thursday at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

After an orientation meeting at the language school in Newlands on Friday, your first day of volunteering will be on Monday.

## Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area and consists of rooms with 2 single beds and 2 bunk beds. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD and a beautiful garden with a swimming pool. A commercial laundry service is close by. Bedding is provided. Towels will be not provided.

### Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

## Free time

Together with other volunteers and language students from Good Hope Studies you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to [www.goodhopevolunteers.com](http://www.goodhopevolunteers.com).

## How to get to the project

This project can be reached by MetroRail or bus. Weekly costs are around € 6,40 / US\$ 8. Alternatively you can also use Uber which has recently become popular in Cape Town.



## What to bring

There are no special requirements in this regard but we recommend bringing comfortable clothing. Anything else you might need is readily available at local supermarkets in South Africa.

While there is no specific uniform, volunteers are asked to wear sensible clothing, e.g. long shorts and closed shoes. Hot pants, string bikinis and flip-flops are not suitable for work.

## Medical insurance

It is required that you take out medical insurance before travelling to South Africa. For stays exceeding 90 days, it is compulsory to take out a South African medical insurance. We recommend NetworX from Compcare, which is specifically designed for people who visit South Africa for 3 to 12 months. You will receive an information leaflet and an application form together with your confirmation of booking.

## Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda, Zaire.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.

## What's included / not included

### Included:

- Project placement
- Airport transfer on arrival
- Accommodation placement fee
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Full-day excursion on the first Saturday
- A donation towards the project
- Good Hope Volunteers welcome pack
- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering

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- Participation in the activities of the Social Club (extra charges may apply)
  - Electronic certificate (printed copy on request)
  - Local support including a 24-hour emergency number
  - WiFi

#### Not included:

- Food
- Local transport
- Any items of a personal nature

## When combining with a language course

When you participate in a language course before you start at this project or when you participate in a language course in the morning and volunteer in the afternoon, the day of arrival is Sunday and the free full-day excursion on the first Saturday is not applicable.

## Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African Embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

If you plan to come for more than 90 days, you need to apply for a visa at a South African Embassy in your home country.

For the latest information contact the South African Embassy or Good Hope Volunteers.