

# Caring for the Elderly



## Overview

**Location** Cape Town, South Africa.

**Duration** From 2 weeks.

**Dates** All year round.

**Capacity** Max. 2 volunteers at one time

- 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.

**Your impact** ❤️❤️❤️❤️❤️

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

**Day of arrival** Sunday.

**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.
- Half-day option: learn English in the morning – volunteer in the afternoon

## 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 as well as the therapeutic assistant, helping to care for, and entertain the elderly.

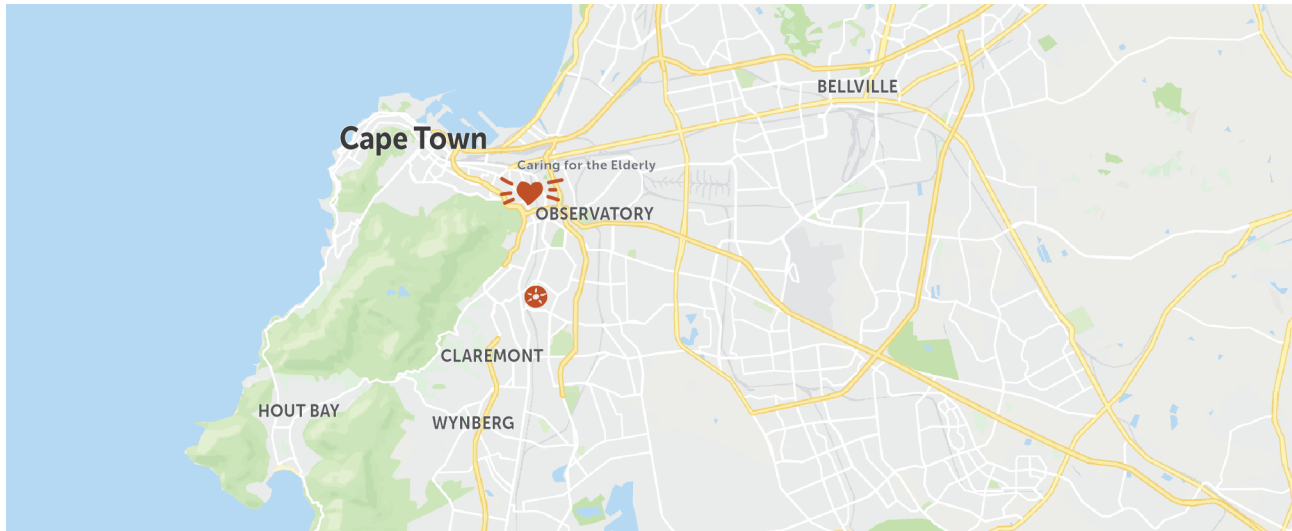
## Your role

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.

## Project Location



The project is located near Cape Town city centre.

## Getting to and from the project

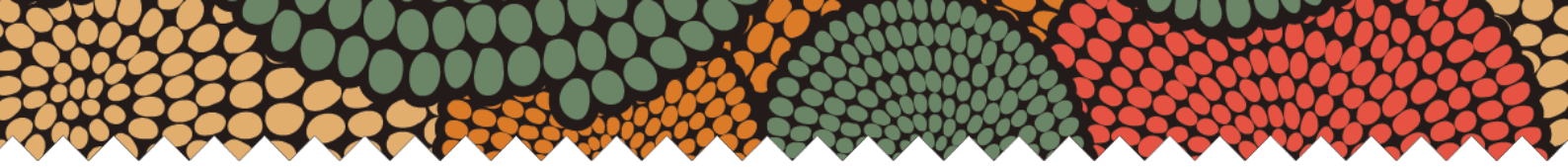
You will need to arrive at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

### Arrival

Please make sure to arrive on a Sunday. After an orientation meeting at the language school in Newlands on Monday, your first day of volunteering will be on that same Monday too.

### Departure

Please schedule your departure for Saturday after your final Friday at the project. Your departure airport transfer is not included in the project fee; however, we can assist you with arranging a transfer for you at an additional cost, should you require one.



## Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area with single beds and twin bedrooms. Volunteers are accommodated in twin bedrooms but may upgrade to single rooms upon request. 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. Bedding is provided. Towels are not provided. There is a washing machine at the residence for you to use. It works with tokens which can be purchased for R40 per load.

### 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 <https://www.ghs.co.za/activities>.

## Local transport

This project can be reached by MetroRail or the MyCiti bus. Weekly costs are around € 6,40 / US\$ 8. 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.

## Your commitment

Please be aware that in applying for a volunteer project, you are making a firm commitment to the project. Our projects depend on the volunteers. It is necessary that you take this commitment seriously.

Some projects will appoint specific responsibilities to you; others are less structured and require the volunteers to use their initiative. If you prefer the one type over the other, please ask us for the most appropriate project for your preference.

Your daily presence is required and working hours are to be followed strictly. Not fulfilling your obligation can result in your dismissal from the project.





## Cell phone use during working hours

We kindly ask that you refrain from using your cell phone during work hours as this will distract you from doing the work at hand. Due to strict privacy laws, taking photographs of people, particularly children, is in most cases prohibited.

We also ask that you consult with the project team onsite to receive guidance and advice on the taking of photographs while at the project. Please ensure you follow this advice as it is for your own safety as well as the safety of the people whom we support with our social projects.

## What to wear

You are asked to wear sensible clothing and to be culturally sensitive of the communities you are working with. You are expected to wear modest clothing, which includes jeans, leggings, long shorts, and long skirts. Closed shoes are advisable, especially when working outdoors. Underwear is not to be seen under any circumstances.

Not acceptable are low cut tops, short shorts/shirts, bikinis and swimwear, belly tops, shirts/t-shirts with no sleeves for male volunteers as well as flip flops or no shoes.

Please also do not wear any camouflage patterned clothing.

## Insurance

### Travel insurance

We strongly recommend that you take out full personal insurance cover.

This should include protection against theft and against loss of fees, should the whole or part of a programme or activity or accommodation not be attended.

### Medical insurance

You are required to take out medical insurance before travelling.

You must ensure that you are covered from the day of departure in your home country to the day of arrival back in your home country. The minimum coverage must be US\$ 100.000 and, as part of the enrolment process, you will need to email us a copy of your insurance policy documentation.

## Safety

Please keep in mind that Elderly people are vulnerable and sometimes their immune system isn't as good as ours anymore. To keep them safe, especially during a pandemic, **everyone participating in this project needs to be fully vaccinated and show proof of vaccination.**

This is to keep yourself and the elderly people you will be working with safe!

Please be mindful of your own safety and adhere to safety rules you would at home.



## Health

This project is available only for those vaccinated and boosted for COVID-19.

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, DRC, 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.

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.

Make sure you are up-to-date on routine vaccines before every trip. We recommend that you make contact with your local vaccination services. The vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine and polio vaccine. In addition, we recommend Hepatitis A, typhoid and rabies. You can get hepatitis B through sexual contact, contaminated needles, and blood products, so this vaccine is recommended if you might get a tattoo or piercing.

Please contact us at Good Hope Volunteers should you have any questions about this

## What's included / not included

### Included:

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

### Not included:

- Food
- Local transport
- Airport transfer on departure
- Laundry
- Any items of a personal nature

This project may be combined with a language course (English Plus Volunteering)

## 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, the 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 volunteer visa at a South African Embassy in your home country. Please ask us for the necessary documents for your visa application.

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