



# Casa Valde Retirement Estate, Rustenburg



CASA VALDE

Situated in Rustenburg in the North West Province, tucked up against the rolling hills of the Magaliesburg mountains, and boasting an abundance of bird life, Casa Valde offers residents a truly unique and modern retirement experience. Casa Valde Retirement Estate is an oasis of tranquility and care-free living, allowing retirees the enjoyment of nearby conveniences, a central location and luxurious living. Residents take pride in their manicured lawns and gardens and live in close community with friendly neighbours and regular social get-togethers.

Casa Valde affords its residents a well-deserved lifestyle of relaxed leisure and superior health care, where comfort and security are a constant and the future is filled with promise. With a variety of exceptional benefits, 5-star amenities and social opportunities, residents are free to enjoy the peace of mind that comes with knowing that all of their needs will be taken care of while they live life to the fullest.



## Why Casa Valde?

Rustenburg's climate is warm all year round, making it the ideal retirement destination. Being a small city, it lends easy access to all amenities, clubs, resorts and shopping experiences.

Casa Valde is developed in accordance with the Housing Development Schemes for Retired Persons Act. Phase 3 is now launching, comprising of 56, 1 to 3 bedroom architectural units. All costs are included in the selling price and the houses are sectional title (full ownership). Customised finishings exist to suite client specific requirements. Small pets are welcome.

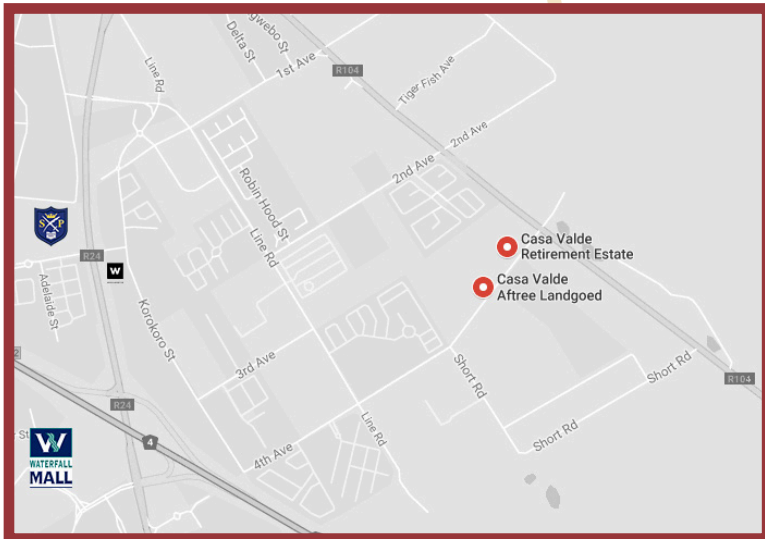
## Facilities

- Nutritionally prepared meals
- Emergencies - panic buttons in all units
- Nurse screening once a week
- 24/7 medical care available
- Grounds and gardens maintained
- Access to the gym and light weekly workouts
- Access to recreational dining room and facilities
- A small library and salon
- Wheelchair friendly
- Laundry services available
- Affordable monthly levies
- Club house with lounge and patio
- 24 hour security and access control
- 24 hour link to Telecare call center
- Home based assisted care available
- Sub acute frail care on-site
- 24 hour emergency services provided by ER24



“ Growing old is compulsory, growing up is optional. ”

*Chili Davis*



### Physical Address

4th Avenue  
Waterfall East  
Rustenburg, 0300

### Postal Address

PO Box 626  
Roundel  
0305

### Contact

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Casa Care services is an independent company, supplying all care services to ValdeMed. Casa Care is managed by sister Alet Koorzen, who is supported and assisted by a confident and capable team. Included in the levy, is basic first level care that concentrates on support and active aging. Besides this, every unit is also equipped with an emergency communication system for further peace of mind. For more info, call us on 071 659 6754.



**LEVEL 1**

- Regular health status checks (blood pressure, sugar levels)
- Control of medicine
- Nutritional status
- Social interaction
- Hygiene
- Mobility

**Prevention**

*May include short term intervention actions like treatment of wounds, injections, podiatry, catheter care management, social counselling and referral to professional services*



**LEVEL 2**

- Healthy meals
- House keeping services
- Home care for short periods
- Recovery care
- Referrals to relevant health care specialists

**Assisted Living**

*Providing all staff necessary for the services the level provides.*



**LEVEL 3**

- Bathing/basic personal hygiene
- Dressing and grooming
- Meals and feeding
- Housekeeping and laundry
- Supervised socialising and walks

**Home Based Care**

*For persons requiring 24 hour care. Home based care is rendered by staff in shifts.*

