



Compassionate, Holistic Care



GRACEFUL
Digni Care
THE ART OF AGING,
BEAUTIFULLY

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At **Graceful Digni Care**, we believe retirement is not an ending, but a new beginning filled with comfort, security, and joy. Located in the tranquil setting of Heidelberg, South Africa, our village is dedicated to providing a supportive, dignified, and engaging environment for every resident. From Independent Living to specialised Dementia and Frail Care, we offer a continuum of personalised care designed to evolve with your needs. Come and experience the peace of mind that comes from knowing you or your loved one is in the very best hands.



Our Mission

At **Graceful Digni Care**, we provide **compassionate, holistic care** that honours the unique worth, stories, and needs of every individual. Through meaningful connection, gentle support, and a warm home-like environment, we walk alongside each person with grace, dignity, and love — from one season of life to the next.



We work in close conjunction with your family to create a unified circle of care. This partnership ensures that all personal preferences, medical needs, and lifestyle requirements are consistently met. This collaborative approach allows us to provide a truly personalised experience, offering:

1

Customised Care Plans: Designed to adapt as your needs change, ensuring seamless transitions between Independent Living, Assisted Living, Frail Care, and Dementia Care.

2

Professional Expertise: A highly skilled team dedicated to the best practices in long-term and specialised nursing care.

3

Emotional Support: A culture that prioritises the emotional and spiritual well-being of every resident, fostering a sense of belonging and community.

Come and experience this well-balanced community and specialised facility where you and your loved ones will have complete peace of mind.



Our Living Options

We understand that each stage of life comes with its own unique needs. That's why **Graceful Digni Care** offers a **comprehensive continuum of care**, ensuring you or your loved one can always find the right balance of independence, support, and meaningful community living.

Our four distinct living options are designed to adapt as your needs evolve, so you never have to leave the home you love.



Independent Living: A Lifestyle of Freedom



Independent Living is the ideal choice for active older adults who want to simplify life without compromising their freedom. You remain fully independent while gaining the **safety, security, and vibrant sense of community** that our village provides.





What You Can Expect:

- **Accommodation:** Enjoy a private room where you can furnish with your own belongings. We warmly accommodate **Husband and Wife** to maintain a healthy family setting.
- **Facilities:** Shared ablution facilities.
- **Dining:** You have the option to **prepare your own meals**, supplemented by a communal lunch in the dining room at least **three times per week** to foster social connection.
- **Support & Security:** Daily caregiver visits to check in on your well-being and ensure your safety.
- **Engagement:** Full access to our enriching lifestyle programs, including exercise programs, nature walks, arts and crafts days, and social events.
- **Convenience:** Housekeeping services are available at an additional cost.

You remain independent while enjoying a supportive community lifestyle, with gentle assistance always close by.





Assisted Living: Personalised Daily Support



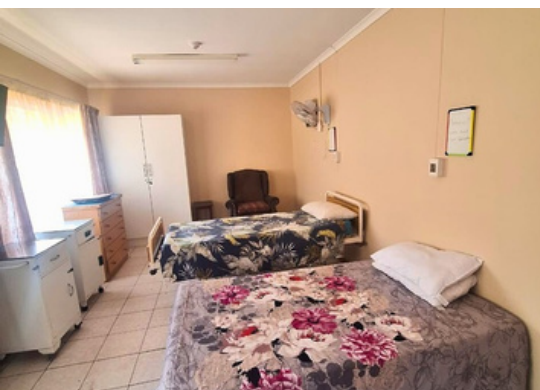
Assisted Living is designed for residents who require regular, personalised support with daily living activities (ADLs) while still being an active part of our social environment. We focus on promoting **dignity and independence** while ensuring all necessary care is always at hand.





What You Can Expect:

- **Accommodation:** Choose from a shared four-bed room, a shared two-bed room, or a private single room.
- **Facilities:** Shared ablution facilities.
- **Care Team:** 24/7 caregiver support, supervised by a professional nurse who is either on duty or on call.
- **Nutrition:** Three nutritious, well-balanced meals daily, with regular hydration and snacks provided.
- **Engagement:** Regular individual and group exercises to maintain mobility and strength, along with nature walks, arts and crafts, and community activities to keep life fulfilling and engaging.





Frail Care: Comprehensive Full-Time Attention



Frail Care is dedicated to residents who require full-time, intensive support with daily living and health management. This service provides a higher level of medical and personal oversight to ensure constant comfort and safety.





What You Can Expect:

- **Intensive Care:** 24/7 caregiver and nursing care with close monitoring of all medical and personal needs.
- **Nutrition:** Three daily meals where all dietary and hydration needs are carefully managed and adapted.
- **High-Level Support:** All services available in Assisted Living, but delivered with greater intensity and frequency, including high-level personal assistance with mobility, hygiene, medication, and daily routines.

Our Frail Care ensures the highest standards of safety, comfort, and compassion are met at all times.





Dementia Care: Specialised Nurturing Environment



Dementia Care is our specialised service that recognises the unique and changing needs of residents living with Alzheimer's or other memory-related conditions. Our secure environment is designed to maintain safety while promoting **dignity and quality of life**.





What You Can Expect:

- **Expert Team:** Staff are specially **trained in dementia care** and communication techniques.
- **Structure:** Structured daily routines are implemented to reduce anxiety and confusion, creating a sense of predictability.
- **Engagement:** Tailored activities that match each stage of dementia, focusing on **memory stimulation, sensory engagement, and meaningful living.**
- **Security:** A **secure environment** that allows for safe movement and exploration, promoting well-being without risk.

Our goal is to create a warm, understanding, and supportive environment where every resident with dementia can live with purpose and comfort.





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Contact Us



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Hours: Open 8h30 – 16h30