

19. Do all Abbeyfield Societies operate in the same way?

All local Abbeyfield Societies in SA are affiliated to the national society, and are bound by its Constitution and Guiding Principles. However, they are responsive to local conditions, which do cause minor differences in practice.

20. I'm worried about my mom/uncle/friend who's elderly, alone and needs an affordable and friendly place to live. How do I get involved in starting an Abbeyfield Home in my community for him/her?

You contact our Development Officer on **021 447 5644** who will come out to where you are, provide you with all the info you need to know and offer you the necessary support to get started. It's as easy as that!

21. How can I apply for accommodation?

Please call the South African national office in Cape Town on **021 447 5644** who will put you in touch with the nearest local Abbeyfield Society.

OR write to:

Abbeyfield South Africa
P O Box 13252
Mowbray 7705

OR e-mail to:

abbeyfld@netactive.co.za



Abbeyfield SA

Remarkable housing solutions for older people

What is Abbeyfield?

It is a voluntary effort by people of goodwill and faith to house older people within the security and companionship of small households.

Abbeyfielders believe:

- That older people everywhere suffer from loneliness and insecurity, so need practical support and friendly contact in their daily lives.
- That older people have an important role to play in the lives of their families, friends and communities, and should remain living in their familiar environment for as long as possible.
- That volunteers can help seniors to have a secure and happy life by offering them a room of their own (to furnish with their treasured possessions) in a cosy Abbeyfield house in their neighbourhood.

The world-wide Abbeyfield pattern is:

- To involve local Abbeyfield volunteers in setting up and managing each house, where residents pay their share of the running costs.
- To ensure that every household has its own house committee which looks after the running and maintenance of the home and cares generally for the residents.
- To provide residents with their own rooms, furnished by themselves, where both their privacy and right to invite visitors are assured.

The Twenty one Questions

most often asked by those considering accommodation in an Abbeyfield house – and the answers to them.



Abbeyfield SA
Remarkable housing solutions for older people

All Abbeyfield homes are established and run by community-based, volunteer-driven local Abbeyfield Societies, which are affiliated to Abbeyfield South Africa.

1. Who may apply for accommodation?

Anyone over age 60 who is living alone (and would rather not be) may apply. You will be able to shop and cook for yourself and look after your own room. Preference is given to people from the neighbourhood in which the house is situated, or to those with local connections.

2. What are the charges?

They vary from house to house and from room to room. You may enquire by phone or in writing to the national office for the costs in a particular house. The aim is to offer affordable rentals to seniors in the lower income groups, while ensuring that each Abbeyfield house is non-profit-making but fully self-supporting.

3. Is a capital deposit required upon entry into an Abbeyfield Home?

Yes - an amount equal to 2 months' rental of your room is payable. The room rental is determined by each House Committee according to the room offered, and covers electricity and water costs as well.

4. Can married couples be accommodated?

As our priority is towards those living alone, our accommodation has been adapted to single rooms normally not suitable for two people. "Loneliness and Affordability" are important considerations.

5. Who would my fellow residents be?

While Abbeyfield serves all races and creeds, each house committee tries to ensure that residents are compatible with one another.

6. Can both women and men reside in an Abbeyfield home?

Yes, but see question 5 above regarding

compatibility. Also, statistics show that women live to a greater age than men, so it is likely that they will outnumber them.

7. What's this about sponsorship?

Each applicant is asked to nominate a trusted relative, friend or professional adviser who can be contacted and consulted in case of emergency, increasing frailty or other difficulty. Abbeyfield requires no financial involvement from the "sponsor".

8. Are the rules strict?

There are no rules other than those of courtesy and consideration of others.

9. Is smoking forbidden?

No - but see the answer to question 8.

10. Meals - who cooks?

Residents shop and cook for themselves. Some may decide to share these tasks with each other; some will prefer their main meal at midday, while others choose the evening. Kitchens are fitted with lock-up cupboards for groceries, and several cooking stations. Everyone clears up after themselves.

11. Will I have to share a bathroom?

Yes, in most cases, but Abbeyfield houses have more of these than normal homes do. Some rooms have private bathrooms, for which a small surcharge is made.

12. Do I look after my own room?

Yes, but domestic help with the cleaning of floors and windows will be provided. You are also responsible for your own laundry - facilities are available.

13. What happens if I have no furniture?

The local Society would try hard to help you here.

14. Could I bring my pet?

A small caged bird or a goldfish possibly, but not a dog or a cat.

15. What happens if I become ill?

As in any family, minor ailments are coped with at home. If you need hospital care for any reason, it will be taken for granted that you will return to your Abbeyfield home - provided that it is the best course for you in the long run. Should your illness require long-term nursing care, other arrangements will have to be made by you, your family, your sponsor(s) or friends.

16. What if I become very frail?

If due to frailty you can no longer look after yourself in your own room, you need care beyond that possible in an Abbeyfield home. By age 70, even though you are likely to be as fit as a fiddle, you should plan for the time when you might need to transfer to a home which offers frail care. However, because of the stress-free and secure environment of an Abbeyfield home, many of our residents remain fit and active, and stay with us until well into their eighties.

17. Why isn't there a society at . . . ?

Because nobody in the village/town/suburb has as yet started one. Why don't you?

18. Why can't I choose an Abbeyfield Home as I would a hotel?

An Abbeyfield home is a small private household. A local Society must be free to judge the relative needs of those who apply for the limited number of rooms.