

## **Retirement Home**

Írta: Szivárvány Otthon

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**Kőbányai Szivárvány Nonprofit Kft. (Rainbow Non-profit Ltd of Kőbánya)**  
**1108 Budapest, Sütöde u. 4.**

## **Retirement Home**

### **Apply in person, call us or email us:**

Judit Sáradiné Kálmán

Józsefné Gergely

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Phone: 434-2150

E-mail: kobanyaiszivarvanyidosek@gmail.com

Those who would like to inquire in person are welcome Monday through Thursday 8-16 and 8-13 on Fridays

How to find us: Take bus number 85 from Kőbánya-Kispest station, the final stop of metro number 3 and/or Örs Vezér tere. From Kőbánya Alsó Vasútállomás (Kőbánya Alsó train station) take bus number 117.

At the Retirement Home we provide care foremost to those individuals over retirement age who cannot take care of themselves alone or need continual assistance, those requiring more than four hours of assistance daily, but not in-patient care at a hospital.

The management may determine which places require an entry contribution when occupied. The entry contribution for the one person, 19 square meter living quarters is 3.800.000 Ft and 2.100.000 Ft/person for the two person, 21 square meter living quarters. If care for the patient ceases within three years after moving in, then a proportionate amount of the entry contribution will be refunded to the patient, their heir or if another person paid the entry contribution, to them or their heir.

***The area in which the Retirement Home provides service: the administrative area of Hungary***

***At the Retirement Home we provide full scale service that is in accordance with legal regulations:***

**Housing:** The residents of the retirement home are housed on the ground floor and the other floors of the building. The one person living quarters are 19 square meter mini-apartments, the two person living quarters are 21 square meter mini-apartments. The living quarters include a mini-kitchen by the entrance, a bathroom, a bright room and a garden-adjacent porch or balcony. The rooms have basic furniture as well as a telephone and a nurse call-button. Apart from these, we also have living quarters with 2 or 3 beds which do not include a porch/balcony or a telephone.

**Meals:** The institution operates a kitchen with modern equipment, which adheres to HACCP regulations. Residents receive five meals a day and we can provide meals according to any diets prescribed by a doctor.

**Clothing and textiles:** Residents of the institution use their own clothes, this helps to create a home-like atmosphere. The residents use the institution's textiles unless they would like to bring their own. The institution has its own laundry which sees to cleaning patients' clothes.

**Healthcare:** as part of our health services we provide:

- information for health maintenance
- medical care in the number of hours specified by legal regulations
- if necessary we provide basic nursing care except for specialized nursing care
- we ensure personal hygiene
- medication
- assistance with eating, hydration, changing places and positions as well as assistance with continence
- access to specialized and emergency medical care
- access to treatment in hospital
- basic medication as specified by legal regulations
- we provide remote medical accessories

In order to meet the personal needs of the residents, we believe in an efficient, kind, person-centric method of care based on professional know-how

***Mental healthcare:*** As a part of our mental health services we:

- treat the patient as an individual
- hold individual and group discussions in order to prevent conflict situations
- provide the means for meaningful free-time activities
- provide psychotherapy when necessary
- provide the means for residents to maintain contact with family and friends
- carry out the patient's treatment plan
- provide the means for patients to practice their religious faith
- help foster and support small communities and relationships within the institution

We do all we can in order to maintain and preserve the patients' physical and mental activity. We plan our programs according to the residents' age, condition, abilities, personality and interests. :

- promoting physical activity: walking, exercise, sports activities; time spent out in the fresh air for bed-ridden patients; in-bed exercises for bedridden patients.
- mental activities and entertainment: performances; poem and short story readings, card games, board games, quiz games; word-play; music; literary mornings; films: documentaries, comedies, operettes
- cultural activities: events, parties, "musical coffeehouse," nameday and birthday celebrations.

During the afternoon we strive to make our residents free time more colorful and enjoyable with music; playing dominoes; card games; puzzles; coloring sheets and painting.