



**QUALITY OF LIFE**

The **DomusVida** units have been thoughtfully designed with your well-being and every need in mind.

**DomusVida** provides a complete set of preventive and rehabilitation health-care, hotel and entertainment services, so that our Residents feel like they've come home.

A multidisciplinary team of specialized professionals ensures a proper individual care plan, with 24-hour nurse care and general and specialized medical supervision.

**DomusVida** offers both temporary and permanent stays. It also provides solutions for those who need rehabilitation, post-surgery recovery or are simply searching for a charming place to stay during holiday periods.

Our **DomusVida** units are located in two extremely privileged areas: Estoril, overlooking the sea, and Lisboa, in the heart of the city of Lisbon.

**DomusVida Estoril**

Rua Arquitecto Rosendo Carvalheira, S/N • 2775-028 Parede

Contact us now and discover how easy it is to take care of your life

**DomusVida Lisboa**

Travessa da Praia, nº 1 • 1300-470 Lisboa

**707 506 506**

domusvida@jmellors.pt

ASSISTED LIVING RESIDENCES

**MAKE YOURSELF AT HOME.**  
Feel good.

**707 506 506**

[www.jmellors.pt](http://www.jmellors.pt)



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## COMFORT AND WELL-BEING

At both **DomusVida** units, our guests will find a perfect combination of homely comfort and privacy with the convenience of excellent hotel services, with support and safety facilities operating 24 hours a day.

### Hotel Services

- Visiting hours with no restrictions
- Internal kitchen
- Hairdresser
- Cleaning services
- Laundry service

### Common areas

- Physician/nurse office
- Physiotherapy room
- Swimming pool (Estoril unit)
- Library
- Outdoor gardens
- Living rooms
- Dining room
- Gym
- Activity rooms
- Multipurpose rooms
- Chapel



## SAFETY AND PRIVACY

The **DomusVida** units have been meticulously designed with all the facilities required for the specific needs of our Residents.

- Suites with no architectural barriers and anti-slip flooring
- 24-hour reception and surveillance
- Emergency call system, personalized as well as in each suite
- Control system of entry and exit of people
- Automated emergency systems
- Facilitating system for door opening
- Ample and illuminated corridors equipped with handrails
- Adapted own transport means

Each suite is equipped with fully adapted private sanitary facilities without architectural barriers.

- A- and B-type individual suites
- C-type double suites (two persons/couple or individual use)



## ASSISTANCE

Our **DomusVida** units provide a complete set of services, including preventive and rehabilitation health-care, hotel services, assistance, physical and intellectual activities and permanent surveillance.

Our Residents receive all the support they need in their daily activities related to hygiene and comfort, mobility, diet, medications, etc. We ensure a specific and targeted response to cognitive frailty, based on group sessions or individual interventions, provided by the Cognitive Stimulation Unit.

### Care Assistance

- Individualized care plan
- 24-hour nurse assistance
- Medical assistance of general practitioners
- Medical assistance of specialist practitioners
- Drugs supervision and administration
- Pharmacy
- Assistants with specific geriatric training
- Cognitive Stimulation Unit
- Physiotherapy, Occupational Therapy and Speech Therapy



## ACTIVE LIFE STYLE, PREVENTIVE AND PRESERVATION ACTIVITIES

The main objective at **DomusVida** is to foster the autonomy and independence of each Resident while respecting their privacy and promoting an active lifestyle.

We favour the contact between the Resident and his/her family and the development of numerous activities. That way, our Residents can start their day with gymnastics lessons, opt for a stroll in the garden, invite family for lunch, enjoy reading a good book in the library or have a good time with other Residents. However, they can always enjoy their privacy, if they wish to do so.

Every day, we draw up a schedule that invites Residents to actively participate in a varied range of activities, each one with different objectives and beneficial results.

### Physical, intellectual and cultural activities

- Painting workshop
- Music
- Movement and gymnastics
- Cognitive Stimulation
- Hydrogymnastics (Estoril unit)
- Tours



## REHABILITATION & POST-CHIRURGICAL PROGRAMMES

**DomusVida** provides Rehabilitation & Post-Chirurgical Programmes aimed to improve our Residents' functional capacity, recovery of autonomy in daily activities and to maximise their independence by encouraging active participation of each Resident.

- Orthopaedic Rehabilitation
- Geriatric Rehabilitation
- Neurological Rehabilitation
- Post-Chirurgical Recovery

The Rehabilitation & Post Chirurgical team at **DomusVida** consists of Physiatrists, Neurologists, Psychiatrists, Psychologists, Physiotherapists, Occupational Therapists and Speech Therapists.

This highly qualified team is responsible for the recovery of the functional capacities of the Residents, through the recovery and maximisation of motor functions, stimulation of cognitive functions, reduction of deficits and symptom relief.

