

Comfort Homes at Jaipur



The Concept



A walk in the park



Housekeeping

As people age, they may not have the same energy and vigour they once had. Many seniors face progressive/chronic illness apart from loss of will and energy to go about their daily chores. Thus, when your old parents, spouse or relatives suffer from such problems, they need assistance & specialized care. Which you might not be in a condition to provide personally, due to restriction of time, work commitments and other unavoidable circumstances.

Therefore, when the children or other relatives start looking for help, they want the best care, safety and security for these seniors.

Ashiana Utsav Care Homes, offers an alternate way of life for such seniors who need assistance with their daily life. This is a place where seniors can live without any hassles, tensions or worries. There are well-trained caregivers who understand the needs of residents, sometimes even without their saying or knowing so. Depending on the needs of these seniors, customized care is available, where they can live a well-balanced and active life. That too in the familiarity and comfort of their own home-like environment, which they can personalize according to their own desires! The 24x7 presence of security guards ensures safety at all times.

Additionally, seniors who are recovering after surgery and children/relatives looking for a short stay for their parents can also utilize Utsav Care Homes.

After successfully running a Care Homes facility for two years at Bhiwadi, Ashiana now brings Care Homes to Jaipur.

Why Care Homes?

REALIZING YOU NEED HELP:

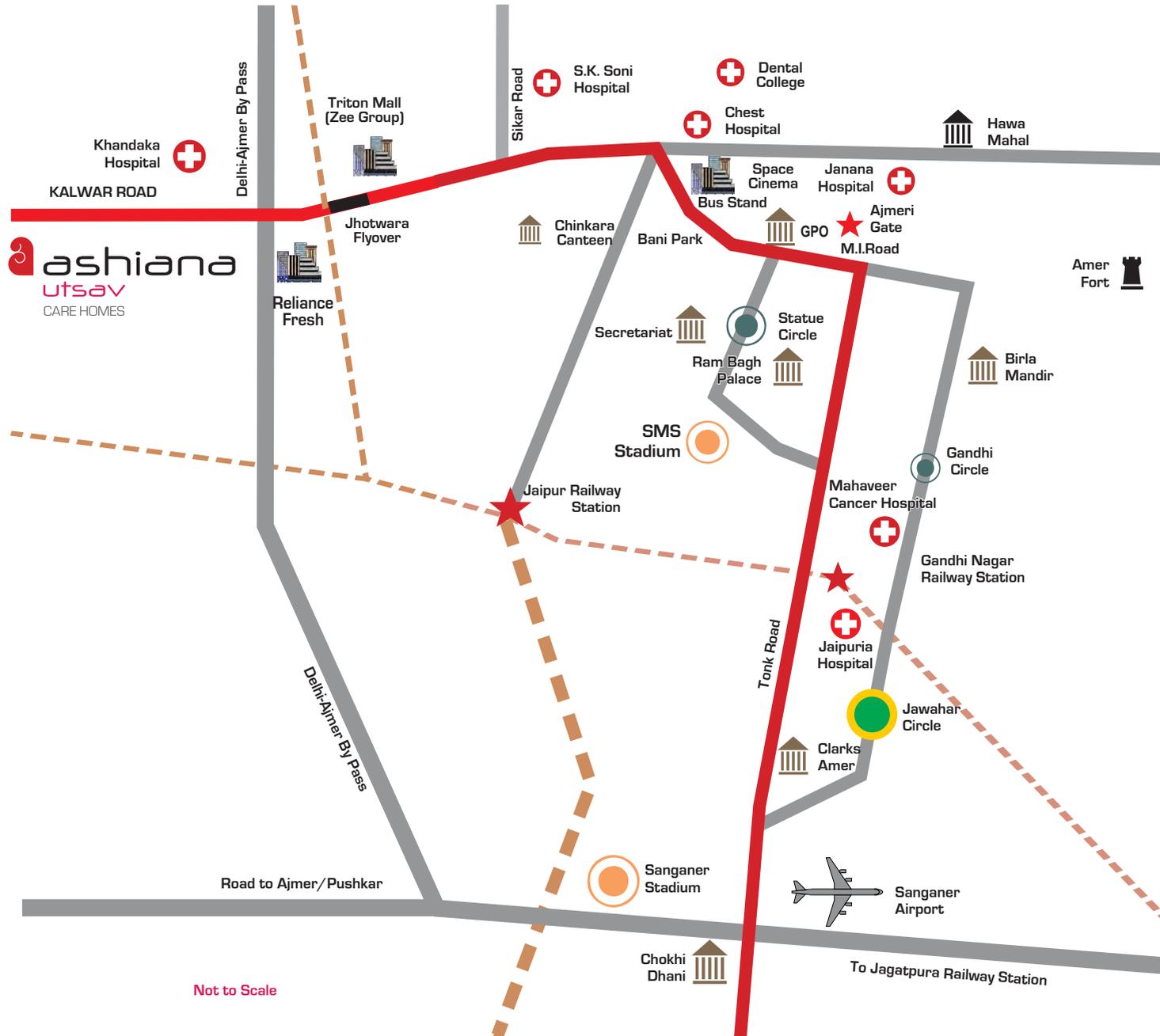
When people taking care of elders don't get the help they need, or if they try to do more than they are able — either physically, emotionally or financially, they suffer from a phenomenon called 'burnout'. These people may experience fatigue, stress, anxiety, and depression. At times, they also feel guilty when they spend time on themselves rather than on their ill or elderly loved ones. Thus, when burnout occurs, the people caring for seniors are unable to provide proper help.

SYMPTOMS OF BURNOUT:

The symptoms of burnout are similar to the symptoms of stress and depression.

- Withdrawal from friends, family and other loved ones
- Loss of interest in activities previously enjoyed
- Unable to relax, even when help is present
- Trouble concentrating
- Feeling irritable, hopeless and helpless
- Changes in sleeping patterns, appetite and weight
- Falling sick more often
- Feelings of wanting to hurt yourself or the person for whom you are caring
- Emotional and physical exhaustion
- Feelings of guilt when spending time on oneself
- Increase in alcohol consumption / occurrence of substance abuse.

Location Map



Not to Scale

ashiana
utsav

A joint project with  **Manglam BDL**
सिद्धि एतान् गन्तुं प्रोवा

Legend

-  Main Roads
-  Connecting Road
-  Railway Tracks
-  Hospitals
-  Airport
-  Important Landmarks
-  Shopping Complex



Distance Chart

Khandaka Hospital	05 Kms.
Delhi-Ajmer Bypass	09 Kms.
Jhotwara	10 Kms.
Bani Park	15 Kms.
Railway Station/ Bus Stand	16 Kms.
M. I. Road	17 Kms.

Highlights

1. Utsav care homes make it easy for the seniors to lead a healthy, happy and safe life without burning a hole in their pocket.
2. Fully furnished rooms and space for personal belongings. Choice of single / double occupancy rooms and common / separate toilets.
3. Being attended by permanent nursing staff 24x7 provides familiarity, continuity and a sense of security to the seniors.
4. The caregivers will assist in all aspects of daily personal grooming and provide help with medicines, walks, wheelchair assistance etc.
5. Dining facility - the meals can also be adapted as per doctor's/dietician's recommendation.
6. Laundry service of bed linen and personal clothing is part of the monthly package. Our housekeeping staff will maintain individual units as well as common areas.
7. Care Homes brings back the concept of the Family Doctor — a person who visits home, recommends Specialist Care where required and is as familiar with the individual's personality as with their medical reports. The doctor will be available on call and an OPD will function on the premises. The facility of physiotherapy is also available.
8. Special care for Dementia and Alzheimer's.
9. The health details of residents will be given to the concerned hospital at the outset, thus enabling quick action during emergencies and less waiting-time.
10. A tie-up with labs for all types of pathology tests to ensure efficiency and delivery of reports and medicines to the homes of the residents.
11. Prompt, regular and emergency services with ready ambulance. Hospital within 10 km/15 minutes drive from the Care Homes complex.

The Caregivers



Resident with his caregiver



Residents are taken out in the park regularly

“I’m at a place where I’m doing something that I’m proud of. After completing Ashiana’s training program, I feel am more capable of taking care of seniors. I feel blessed to be here.”

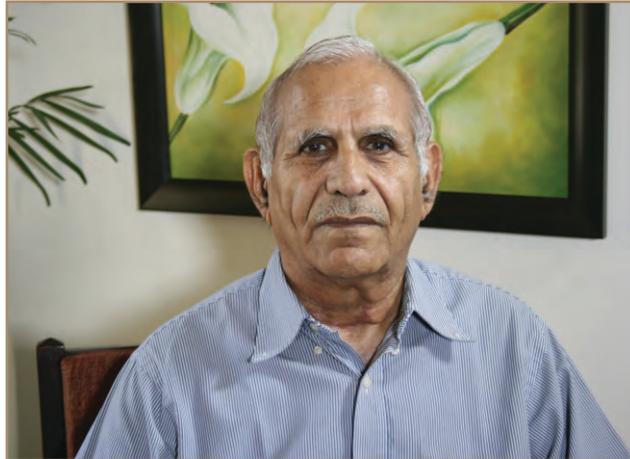
— Laxmi Chaudhry, Caregiver at Bhiwadi

Care Homes’ backbone, without any doubt, is our caregivers. The caregiver — resident relationship is more like a mother-child relationship. Residents often may be in a position where their communication is affected or there is a language barrier. A mother never needs a language to communicate with her child, her language is only one, love and care. Caregivers at Care Homes share similar language with residents. Ever since care is operational at Bhiwadi, caregivers have seen many residents who can’t communicate well but caregivers know them in and out. Caregivers pick up on the body language of residents to know if they are hungry, irritated, anxious or going through a health problem.

Apart from human qualities like warmth, empathy and patience, caregiving requires special efforts and learning. Caregivers at Ashiana Care homes are selected carefully and they undergo 114 hour training on basics of geriatric care, health, hygiene, incident / emergency management, soft skills, and managing conditions like dementia etc. Due to this training, caregivers can effectively handle a wide range of behavioral issues which may range from anxiety and anger to agitation and depression.

From organizing an outing to creating a song-and-dance party, they do everything to keep residents positive and happy.

Testimonials



Mr. J.C. Rathee
Care Homes resident

Mr. J.C. Rathee

Resident at Utsav Care Homes, since two years

As a retired Prof. of Economics, he moved to Care Homes on his own. Though able to move around on his own, he chose this facility for security reasons as well as for a hassle free life and a sense of being cared for. He feels proud to be at Care Homes and wishes to shift to Jaipur Care Homes as soon as it is launched. An avid reader, he compiled a book "Haryanvi Kahabatein" during his stay here.

NOK - Next of Kin

Mr. and Mrs. Hukku

Residents at Utsav Care Homes, since two years

In their late 80s, they decided to move to Care Homes. Understanding their need to be independent in their own space, their daughter, Mrs. Anila Kaul chose Care Homes for them. Though they did not have any major illness, their family feels happy that even minor needs are taken care of at Care Homes. The NOK is relaxed and confident that the parents are well looked after.



NoK: Mrs. & Mr. Kaul
Daughter & Son-in-law

FAQs



Ambulance for emergency care



Care at every step

- 1. What are the eligibility conditions for becoming a resident of Utsav Care Homes?**
 - a. Over 55 years of age
 - b. Medical suitability after screening by the Doctor
 - c. Financial capability will also be evaluated

- 2. What services will the Care Homes provide?**
 - a. Nurse and Attendant services
 - b. House keeping services in the residential unit and common areas
 - c. Laundry services of Bed linen & personal clothing
 - d. Activities and events at Ashiana Utsav Senior Living and specific to Care Homes
 - e. Three meals, two tea services and anything else prescribed by the Doctor
 - f. Pay-by-use services will include ambulance, lab tests, medicine delivery and any other expenses incurred

- 3. Will a Doctor be available at the Care Homes?**

Yes, a doctor will be available during OPD hours and also 24x7 on call.

- 4. Will there be a nurse or attendant on-call 24 hrs?**

Yes, nurses and attendants will be available 24 hrs at the facility.

FAQs

5. How do I make monthly payments for the services availed? Can I pay up-front for a few months?

Yes, you can make payments upfront too. There are also options for electronic transfer.

6. Are my children and grand children permitted to visit me? Can they stay with me for some duration of the year? Will there be accommodation available for them?

Yes, guests are welcome to visit residents at any time of the year. They may stay at Utsav Furnished Apartments as per applicable rates. Please check availability of rooms beforehand.

7. How do I ensure safe custody of my personal belongings?

Personal belongings can be kept under lock and key in the unit itself for which a provision has been made.

8. Who bears the expenses of any hospital admission, tests and medication as prescribed by the Doctor?

The expenses for any hospitalisation, tests, medication will be borne by the residents themselves. In an emergency, however, if a resident is admitted into hospital, we shall make the payments on behalf of the resident till the NOK (Next Of Kin) arrives.

9. What are the specific geriatric and old-age friendly features in the Care Homes?

Age-friendly furniture, beds, recliner mattress, anti-skid tiles, gradual slopes at the entrances, wheelchair-friendly path-ways, grab rails, attendant call button and other senior friendly features have been incorporated.

10. Can I be served meals in the room or do I have to go to the Dining Hall?

Meals may be had in the rooms or in the Dining hall.

11. How does the Care Home differ from a Nursing Home?

The Care Home is a care-oriented service for senior citizens. It has a limited aspect of the actual medical treatment unlike a nursing home where treatment is the key. It emphasises more on assistance in activities of daily living such as eating, bathing, toileting and changing clothes, as well as recreational activities for the particular age group.

Activities



Regular assisted activities



Chess game in progress



Residents enjoying outdoor activities



Birthday Celebration



Residents having a meal in the dining hall



Planned activities for residents



Regular activities for residents



Care at every step



Residents playing Holi

Contact us



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