



Senior Living

**“Don’t simply retire from something;
have something to retire to”**

DREAMER



Om Gupta

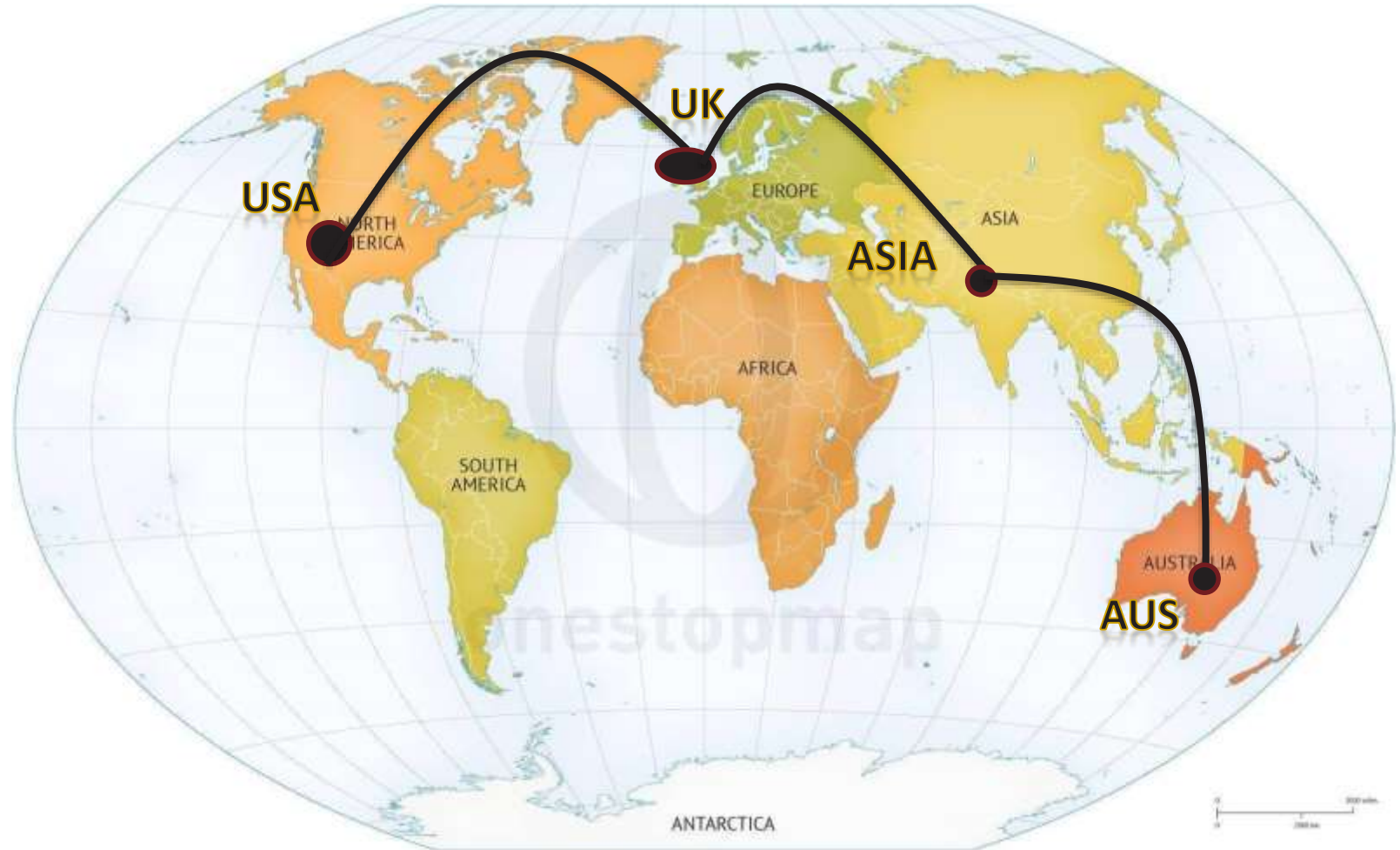
1947-2013

Founder - Ashiana Housing Ltd.

Our Research



Research Started – 1999



Various Model of Senior Living Studied and analyzed

Independent Living, Assisted Living and CCRC

Key Findings



Concept

Implementation

Health & Emergency Care

Single Care

Care Homes

Ashiana Nirmay

Continuing Care Retirement Community- age in place

3



Active living



Care at home



Concept

Implementation

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Ashiana Nirmay

Key Findings



Four Pillars of Successful Aging



Concept

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Social and Companionship @ Senior Living



Number of activities conducted last year-1716

Attendance per week-890

Concept

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Ashiana
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How we assist

3



Concept

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Health &
Emergency Care

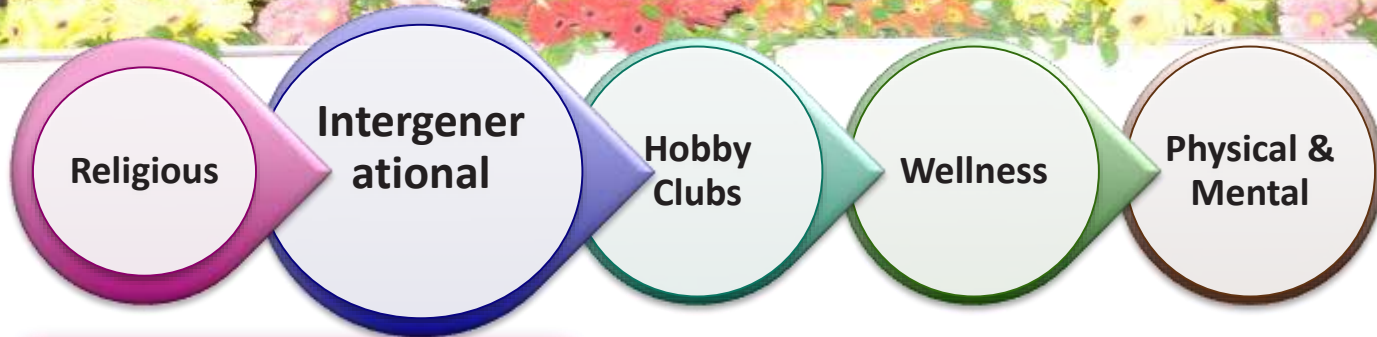
Single Care

Care
Homes

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Kind of Activities

3



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Ashiana Nirmay

Monthly Activity Calendar

ACTIVITY SCHEDULE-April'2017(ASHIANA UTSAV BHIWADI)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 MONTH END PARTY 7.00 PM AT UTSAV HALL		YOGA CLASSES ARE GOING ON IN PARK -1 & Park -2 REGULARLY AT 6.00 am. INTERESTED ONES MAY JOIN. BRAHMAKUMARIS MEDITATION CLASSES ARE GOING ON IN HOBBY ROOM NO 6 REGULARLY AT 5.00 PM. INTRESTED ONES MAY JOIN.				1 Osho Dhyan 5.00 PM At TV Lounge
2 Music Club 5.00 PM At Music room	3 Dance Club 5.00 pm At Utsav Hall	4 Amritwani 5.00 PM AT TEMPLE	5 Tambola 5 PM At Utsav Hall	6 Health Talk at 4.00pm & Sai Pooja 5.00 PM AT TEMPLE	7 Health Talk at 11.30 am & Dance Club 5.00 pm AT Utsav Hall	8 Osho Dhyan 5.00 PM At TV Lounge
9 Music Club 5.00 PM At Music room	10 Dance Club 5.00 pm At Utsav Hall	11 Sunderkand path & bhajans 5.00 PM AT TEMPLE	12 Art & Craft at 11.30 am At TV Lounge	13 Sai Pooja 5.00 PM AT TEMPLE	14 Dance Club 5.00 pm AT Utsav Hall	15 Osho Dhyan 5.00 PM At TV Lounge
16 Music Club 5.00PM At Music Room	17 Dance Club 5.00 pm At Utsav Hall	18 Menka Ramayan 5.00 PM AT TEMPLE	19 Health Talk at 11.30 am & Tambola 5 PM At Utsav Hall	20 Sai Pooja 5.00 PM AT TEMPLE	21 Dance Club 5.00 pm AT Utsav Hall	22 Osho Dhyan 5.00 PM At TV Lounge
23 Music Club 5.00 PM At Music Room	24 Dance Club 5.00 PM At Utsav Hall	25 Sunderkand Path & bhajans 5.00 PM	26 Movie Show 4.00 PM At TV Lounge	27 Sai Pooja 5.00 PM AT TEMPLE	28 Dance Club 5.00 pm AT Utsav Hall	29 Osho Dhyan 5.00 PM At TV Lounge

Thought: "The Future depends on what we do in the present".

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Green and Open Spaces

3



Green and Open Spaces - who doesn't love them

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Physical activities for better health

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Early Morning Walk

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Homes

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Early Morning Yoga Sessions

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Hydrotherapy for Better Health

3



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Activities for the Mind & Soul

3



Festival Celebrations - Temple

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So you enjoy Gardening (Inclusive maintenance)

3



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Health &
Emergency Care

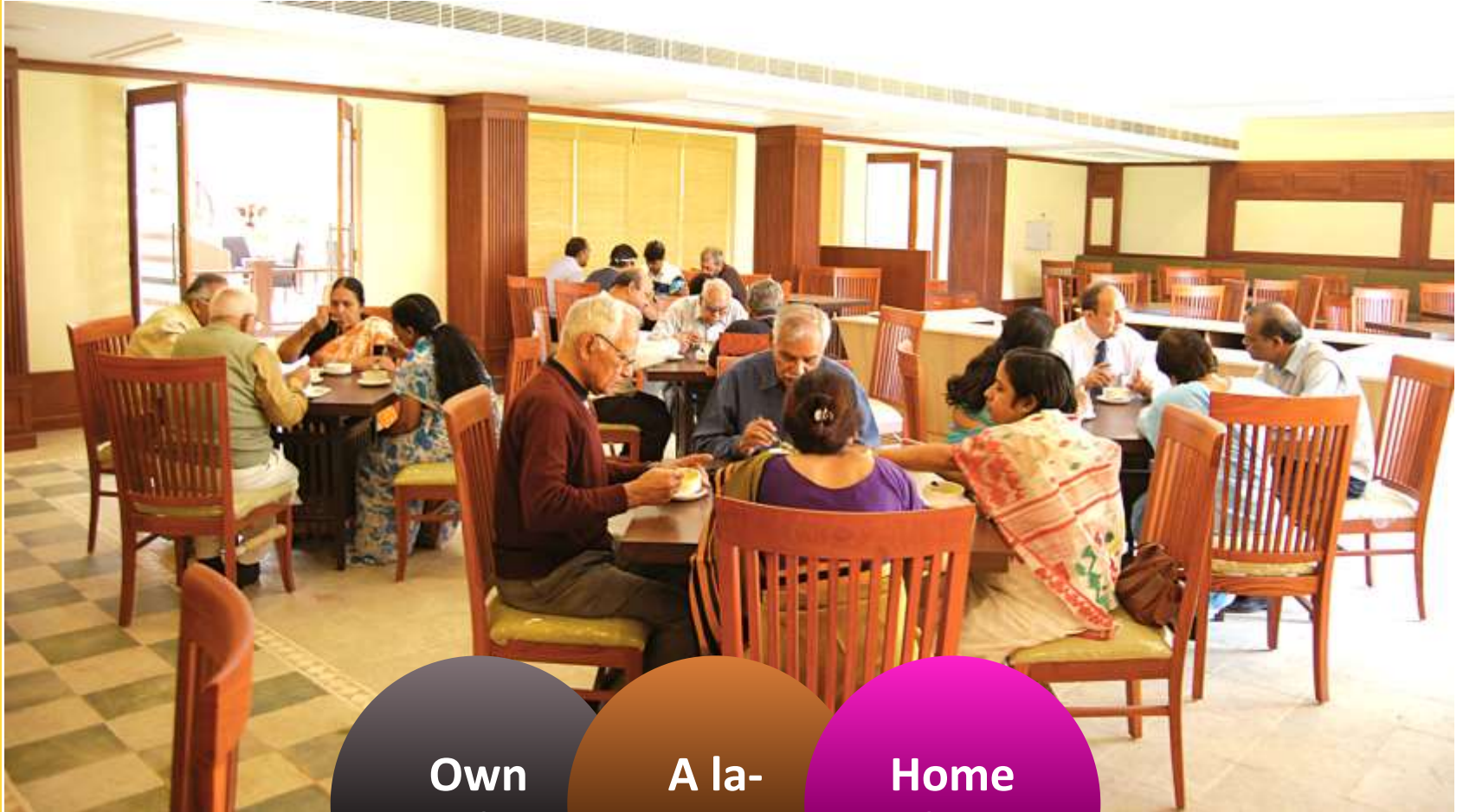
Single Care

Care
Homes

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Dinning Services

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Own
Kitchen

A la-
Carte

Home
Delivery

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Healthy Living & Emergency Care

3



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**Health &
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Care

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Common Age-related Challenges

- **Cognitive**
- **Emotional**
- **Sleep**
- **Bone & Spine Health**
- **Systemic**
- **Visual / auditory**

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**Health &
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Single
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Reversing aging issues

- Preventive health check ups
- Stimulating body and mind
- Socialization
- Getting rid of morbid stress

Concept

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**Health &
Emergency Care**

Single
Care

Care Homes

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Wellness Club

Number of Club Members	246
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Total Activities of the Club since Feb 2016	30+
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Educative Sessions	Preventive Camps	Speciality Camps
12	10	8

Approx no. of residents Attended/Benefitted	550+
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Total No. of Volunteers till date	6
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Implications of Retirement

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Ideally, a lifestyle that promotes higher level of physical, cognitive and social interaction should be aimed

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You are in Safe Hands

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Emergency Care

- Number of emergencies handled last year-56 +
- Type of emergencies-Medical, Vertigo attack & Fall etc
- Casualties - Nil
- Basic Life Support Certified staff- 75% (approx)



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**Health &
Emergency Care**

Single
Care

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Tie up with Hospitals

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Star
Hospitals

ARTEMIS™
H O S P I T A L S
OUR SPECIALITY IS YOU



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Healthy Living

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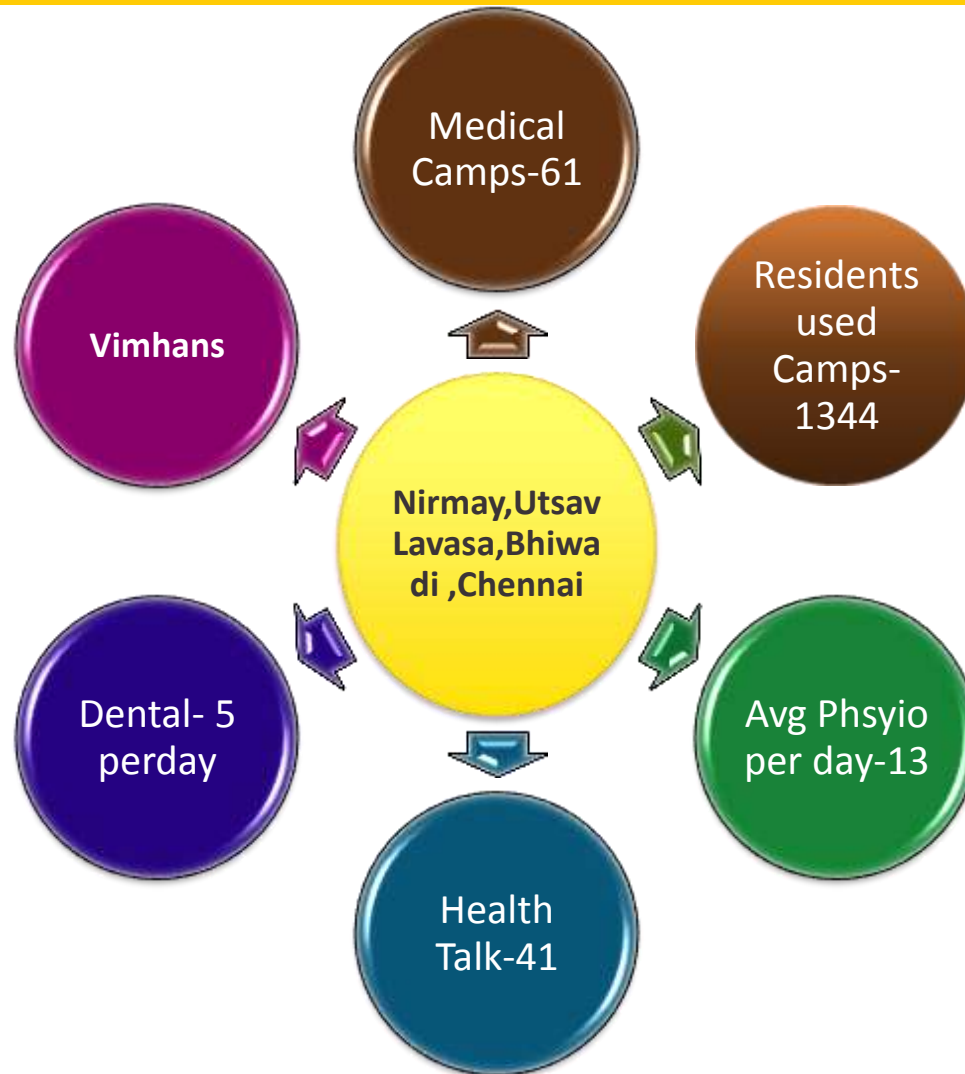
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Health and Wellness



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Case study - Fall Management

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No.of falls Monitored in last 1 year	No of falls intervened to prevent subsequent falls	Primary reasons identified	Corrective actions
27	16	<ul style="list-style-type: none">•Wrong footwear•Medication side effects•Wet floor•Illness•Hurdles on the way	<ul style="list-style-type: none">•Suggestions for overcoming the situation•Modification of environment•Consulting Doctors

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Single Support Group

- Residents have formed Single Resident Support Group
- Phone calls to Single Residents by the Support group
- Alternate day check by the security team of Single residents(If they allow)
- Updated data of Singles

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Emergency
Care

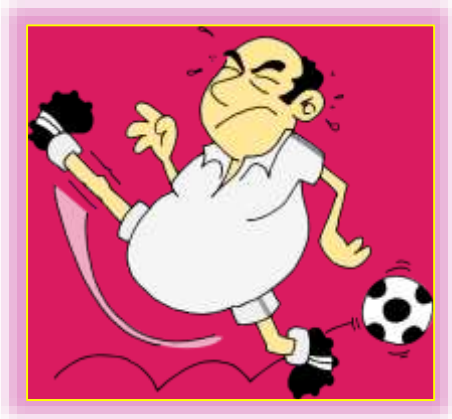
Single Care

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Continuing Care Retirement Community- age in place

3



Active living



Care at home



ASSISTED LIVING

healthcare
nursing
living
home
assistance
elderly
care
support
services
community
independent
living
with
help
dignity
respect
family
meals
medication
management
transportation
emergency
response
activities
social
engagement



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Care Homes



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FACILITIES

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Furnished accommodation



24/7 trained caregivers



Physiotherapy



Medication Management

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Activities -Care Homes (Assisted Living)



Santa Making



Butterfly Chandelier



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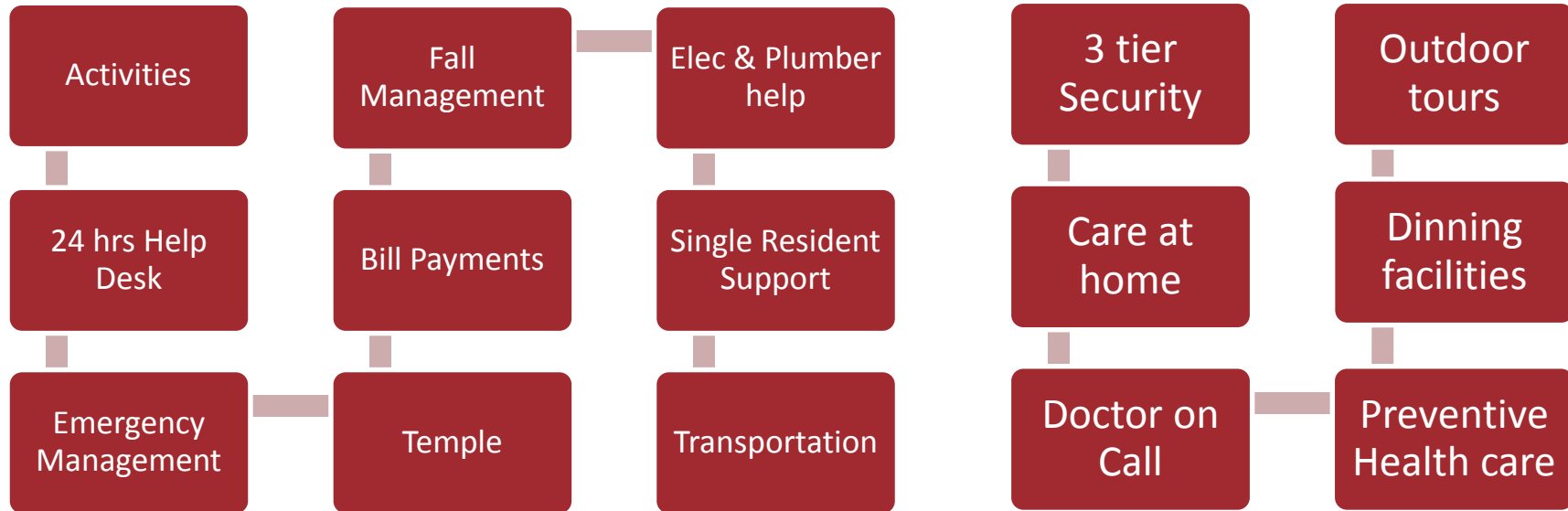
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Single
Care

**Care
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Services –Senior Living



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Ashiana's Senior Living

3



Bhiwadi



Jaipur

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Health & Emergency
Care

Single
Care

Care
Homes

**Ashiana
Nirmay**

Ashiana Utsav - Lavasa (Actual Pics)



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Health & Emergency
Care

Single
Care

Care
Homes

**Ashiana
Nirmay**

Ashiana Shubham -Actual Pics



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Homes

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Earlier the Better - At an active age

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Care

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Homes

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Some of our Learning's- Nirmay



- **Customer Advisory Board**
- **Wellness club**
- **Social Worker**
- **Assisted Living**
- **Well equipped hobby clubs**
- **Concierge Services**
- **Transportation**
- **Intensive training program**

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Why We Choose Bhiwadi

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Pollution Free environment



Low Cost of Living

**Traffic Jams
Whats That ??**



We #LiveInBhiwadi



Ample Water & Electricity

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Care
Homes

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Ashiana Nirmay – Club

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Health & Emergency
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Single
Care

Care
Homes

**Ashiana
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An evening @ Ashiana Nirmay



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Care
Homes

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Thank You

