

Welcome to  
**AAYUSHKA ASSISTED LIVING**



Aayushka was established in 2021 with the goal of ensuring that all the Seniors age peacefully and champion the quality of life they deserve. A safe place for hassle-free independent living at affordable cost. India's first assisted living found by women offering smart homes for Seniors.

**"A home-like experience with the best comfort & care"**

## THE AAYUSHKA SIGNATURE EXPERIENCE

These philosophies guide and shape every aspect of our approach to senior living:

- A home-like stay with a touch of family's love
- Making meaningful connection with community
- Peace of mind
- Relationship based care
- Complete well-being of mind, body & spirit

## WHY AAYUSHKA?

Everyone deserves to reach the end of their lives not only in safety, but also in comfort and with dignity. At Aayushka our mission is to embrace your elderly freedom and help you live your life at comfort and care with appealing amenities, engaging activities and a team of serving hearts. Helping you age peacefully together according to your needs at an affordable cost.

## OUR IMPACT

**25+** AAYUSHKA FAMILY OF HAPPY SENIORS

**30+** HAPPY FAMILY MEMBERS

**5+** GRAND CELEBRATION

**2** LOCATION

**50+** TEAM OF EXPERTS

**5+** PREMIUM HOSPITAL PARTNERS



## EXPLORE OUR LIFESTYLES

We offer a variety of options tailored to fit your needs and budget!

- **Assisted Living**

*Support suited to your lifestyle*

- **Independent Living**

*The freedom to live on your own comfort*

- **Short term stay & Day Care**

*Spend your days with comfort and care!*

- **Memory & Palliative Care**

*Experience the special comfort and care you deserve*

### **Aayushka support suited to your Lifestyle**

Aayushka Assisted living for Seniors is more than just a place to live and receive care. It is a place where seniors thrive, enjoying their retirement with peers, making new friends and living active and energetic lives. Discover all your comforts, amenities and services you are looking for to live each day with confidence. Team members are available 24 hours a day to help with bathing, dressing, medication reminders or other wellness and personal care needs. For those needing help with activities of daily living, Aayushka assisted living is the best choice at affordable cost!

### **REASONS WHY AAYUSHKA IS THE BEST OPTION FOR YOU**

- The freedom to live on your own comfort
- Choose options from shared living to choosing independent studio apartment
- Get Short-term stays for seniors whose caregivers are temporarily unavailable
- Enjoy senior-enabled all in one place for your vacation stay
- Experience the special comfort and care you need for your health conditions
- Eliminate the fear of living alone in social isolation
- Free monthly doctor visits, celebration, evening activities and short outings.

**A COMFORTABLE HOME-LIKE STAY AT AFFORDABLE COST!**



# AMENITIES & SERVICES

We aim to bring joy and meaning to your daily life.



## AAYUSHKA AMENITIES

- Flexi Rental Model
- Budget-Friendly Rooms
- Exclusive Veg Brahmin Senior community
- Lowest and affordable cost
- Chef prepared meals
- Location accessibility to hospitals
- Engaging weekly & monthly events
- Monthly counselling sessions
- Movie screening time
- Assisted Living Excursions
- Private apartments
- Gardening spaces
- Weekend drive along the seashore & temple
- Secure indoor & outdoor spaces
- Purpose built shared suites
- Engaging daily events
- Fitness & yoga classes
- Dance therapy for seniors
- Technology support & safety
- 24/7 CCTV assistance (For NRI)
- Alexa enabled smart rooms (premium)
- Handling Emergencies
- First Aid Kit
- Ambulance Service

## AAYUSHKA SERVICES:

- 24-hour staff
- Medication assistance
- Periodic check-ins
- Emergency alert system
- Bathing assistance
- Help getting dressed
- Assistance moving to a chair or bed
- Escorts to meals and events
- Nursing services
- Special Food
- Palliative care



## EXCLUSIVE SENIOR-FRIENDLY SAFETY FEATURES

- E-call systems in bathrooms and bedrooms, and mobile pendants to call for immediate help
- Perimeter door systems and CCTV that securely monitor residents coming and going
- Furniture with rounded edges and flame-retardant, easy-to-clean fabrics
- Mid-point and end-of-corridor seating that offers rest stops and conservation areas • Innovative handrails along corridors, designed to serve as additional support and stability for residentsTech support for health reminders
- Anti-skid flooring for Rooms & Bathrooms
- Elder friendly cots



# AAYUSHKA SIGNATURE SATVIK FOOD OPTIONS

Nutrition is a key factor in senior health and wellness, and the Aayushka Signature Dining program is a hallmark of how we champion quality of life for all seniors. We offer exclusive vegetarian food at our facility run by experienced traditional cooks.

## SAMPLE MENU

### EARLY MORNING

Tea/Coffee/Milk

### BREAKFAST

Idly, Idiyappam, Pongal, Dosa  
with Chutney or Sambar

Any one as per menu of the  
day.

### MID DAY SNACKS

One bowl of available  
seasonal Fruits of as per  
Dietician's Choice

### LUNCH

Rice, Sambar, Curry,  
Kootu, Poriyal, Rasam &  
Curd

### DINNER

Upma, Kichadi, Chapathi,  
Wheat Dosa

Any one as per menu of the  
day.

### EVENING

Tea/Coffee/Milk  
with Snacks

### BEFORE BED

Milk with Banana



## FACILITY & LOCATION

### LOCATION: Teynampet

PERKS: Centre of the city, closer to major hospitals such as Kauvery Hospital, Exclusive Veg food available, Enjoyed by Brahmin community of Seniors



### LOCATION: AKKARAI, ECR

PERKS: Launching India's first tech enabled senior living with smart homes built senior-friendly, Senior day care and short term stays with packages to weekend ECR drive and engagement activities.





## FACILITY & LOCATION

### LOCATION: Thiruvananthapuram

PERKS: Located near Marundeeswarar Temple. It is a very eco-friendly environment suitable for active seniors & couples who want to retire gracefully.



## HOSPITALS AROUND OUR LOCATIONS



## FACILITIES INCLUDE



Lift



Fire Extinguisher



Car Hire



Grocery Deliveries



Terrace



Ironing Service



CCTV in common areas & outside property

### **Food & Drink**



Room Service

Grocery Deliveries (Additional Charge)



### **Internet**

WiFi is available in all areas and is free of charge



### **Parking**

Free private parking is available on site(Reservation is needed)



### **Transport**

Car Service

Ambulance Service



### **Cleaning Services**

- Laundry
- Housekeeping
- Bathroom Cleaning



### **Languages Spoken**

English & Hindi




## **Common Areas**

- Terrace
- Shared Kitchen
- Shared Lounge/ TV Area
- Théâtre Room
- Library
- Outdoor Garden
- Common Hall
- Kitchen

## **Miscellaneous**

- Family Rooms
- Lift
- Air Conditioning
- Designated Smoking Area
- 24-Hour Security
- CCTV in common areas and outside property
- Fire Extinguishers

## **NOT INCLUDED**

- Electricity Bill
  - Medicines
  - Consumables from Outside
  - Hospital Expense
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## TESTIMONIALS

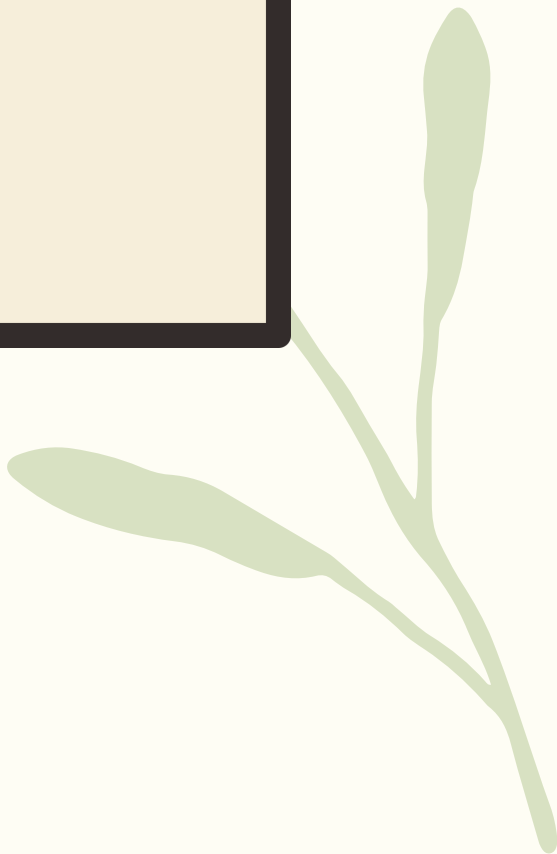


**Gayathri**

"We came to know Aayushka through a friend and my grandmother of 85 lived there for the past 6 months. I must say they have a super team to take care of all their needs and food made by the cook was good quality and the menu was according to their preference. My grandmother used to struggle to walk before but now she can walk confidently. Thanks to Aayushka and their team!"

**Aruna**

The connection my parents with their caregiver is that of a close friends, not like an employee who provides service, so they can't wait for the days to visit them for short stays with care, fun and comfort





# ACTIVITIES

## Celebrations



## Games



## Happy Dining



## Doctor Visits



## Regular Exercise





## MESSAGE FROM THE FOUNDER

"You may grow old, you may not have your family beside you for genuine reasons, you may be single, you may be rich or financially well-planned, but in the end what really matters is support from people around you to take care of you with respect and dignity 24/7. When I talk to the happy elders at Aayushka every day and see the complete transformation of their life from the state at which they arrived here to where they are now, I realise that my purpose in life is fulfilled. Our country has a long way to go in serving and creating a support system for elders and I have begun my journey towards this mission of helping 1 in 6 Indians who are turning 60 years old by 2030. I hope we create an impact in the next generation."

**- Ms.Ramana Thilagam**

### Contact us



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**If you are abroad, you can reach us for a  
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