

Athulya

A happy place for seniors



“

*Caring for our seniors is perhaps
the greatest responsibility we have.*

*Those who walked before us have
given so much and made possible
the life we enjoy.*

...

Table of contents

| | |
|--|--------------|
| Our Unwavering Goal: The Athulya Promise | <i>pg 04</i> |
| Comprehensive Senior Care Solutions | <i>pg 05</i> |
| Athulya Infrastructure: A Confluence of Comfort and Care | <i>pg 07</i> |
| Assisted Living: Crafting Autonomy in the Lap of Care | <i>pg 08</i> |
| Transition Care: Your Companion Through Recovery | <i>pg 09</i> |
| Mind & Memory Care: A Journey of Compassion and Memories | <i>pg 10</i> |
| Palliative Care: Honoring the Life with Gentle Embrace | <i>pg 11</i> |
| Rehab Care: A Shift from Healing to Wholeness | <i>pg 12</i> |
| Home Health Care: Extending Our Embrace to Your Home | <i>pg 13</i> |
| The Pillars of Athulya: The Team Behind Our Legacy | <i>pg 14</i> |
| Embrace Life's Radiance with Athulya | <i>pg 15</i> |
| Contact Us | <i>pg 16</i> |

Our Unwavering Goal

The Athulya Promise

Nestled within the very ethos of Athulya Senior Care is a commitment that goes beyond the confines of a typical senior residence. It's a commitment that springs from the heart and touches the soul.

At the core, Athulya isn't just a living space; it's a rejuvenating oasis where seniors don't merely reside – they flourish. It's where each corner, each brick, each patch of green is thoughtfully designed to become a backdrop to myriad stories of joy, friendship, and renewed passion.

Our mission is not restricted to constructing buildings. Instead, we curate experiences. We believe that senior living is not about fading into the sunset but dancing in its golden glow. Hence, our endeavors aim to transform the twilight years into a radiant dawn where dreams once shelved find their wings again.

We understand that true wellness is multi-dimensional. It's not just about physical health but about nurturing the mind, soul, and spirit. Our holistic approach ensures that every resident not only feels safe and cared for but also respected, valued, and cherished.

In the grand tapestry of life, the golden years are threads that shimmer the brightest. At Athulya, our unyielding goal is to weave these threads into a magnificent narrative filled with moments that sparkle with laughter, wisdom, and serendipity.



**Join us at Athulya,
where life doesn't
just pass by –
it is celebrated,
every single day.**

Comprehensive Senior Care Solutions

We offer a range of services to cater to the diverse needs of seniors. These services include:



Assisted Living: Our assisted living communities provide a supportive and engaging environment for seniors, offering a range of amenities and assistance with daily living activities.



Transition Care: Our transition care services support seniors during the critical post-discharge period, providing necessary expertise and comprehensive care.



Mind & Memory Care: Our Mind & Memory care services offer specialized care and support to individuals with memory illnesses, ensuring their comfort and safety.



Palliative Care: Our palliative care services focus on providing comfort and support to individuals with terminal illnesses and their families.

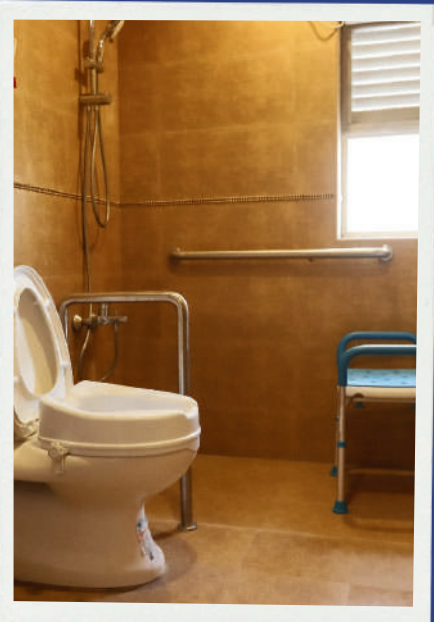
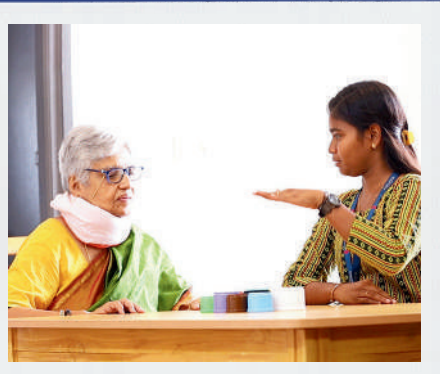
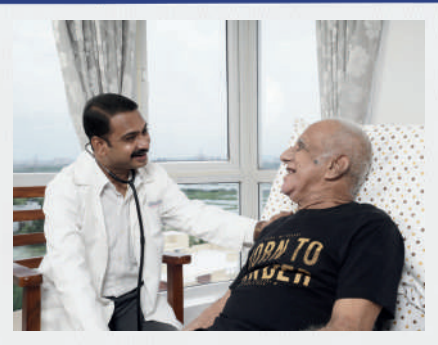
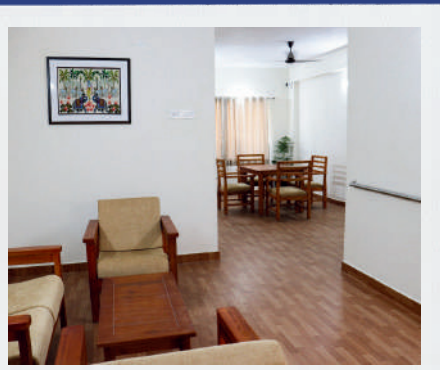


Rehab Care: Our rehab care services provide therapeutic services to seniors, helping them regain strength and improve their physical abilities.



Home Healthcare: Our home healthcare services provide medical and non-medical care to seniors in the comfort of their own homes.

**Athulya is
committed to
making aging a
happy, healthy,
and safe
experience for
seniors.**



Athulya Infrastructure

A Confluence of Comfort and Care

At Athulya, we believe that an inspiring environment can uplift spirits and rejuvenate lives. Every brick laid, every tree planted, and every facility provided is an embodiment of our dedication to offering an unparalleled lifestyle for our seniors.

Our spacious suites are not just rooms but personal sanctuaries. Drawing inspiration from the warmth of home, each suite is adorned with modern amenities ensuring ease, while retaining the coziness that invokes feelings of comfort and belonging. Senior friendliness, natural light, and plush furnishings combine to offer a luxurious embrace.

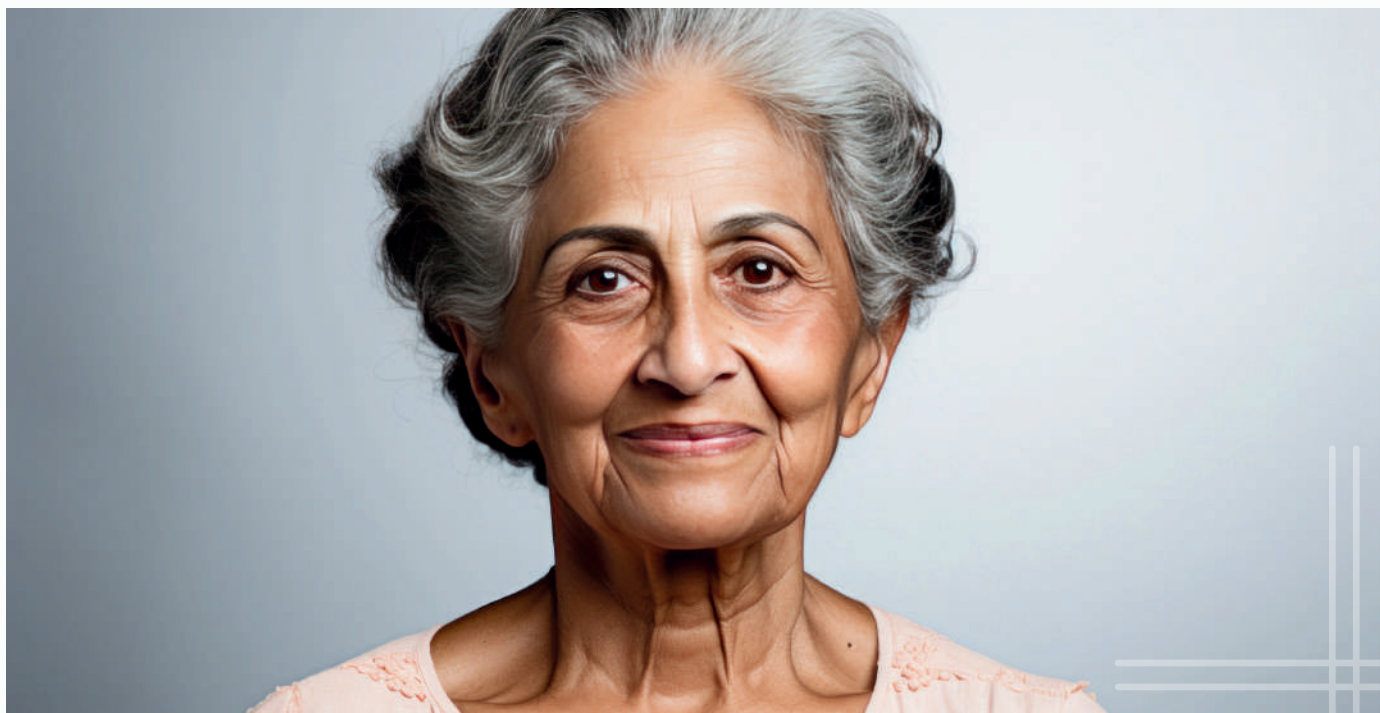
Spaces Meticulously Designed for Comfort and Safety: At Athulya, we prioritize the diverse needs of our seniors. Our infrastructure features wide corridors for mobility, non-slip flooring, and ergonomic furniture, ensuring utmost convenience and safety.

Premier Medical Facilities: At Athulya, health is paramount. We offer world-class medical amenities, ensuring timely medical assistance from routine to emergency needs, providing peace of mind for our residents and their families.

An Oasis of Calm: Our lush gardens provide a tranquil retreat, filled with a variety of flora. A place where residents can enjoy nature's embrace, accompanied by the melodies of birds and the fragrance of fresh blooms.

Social Hubs of Activity and Bonding: Our recreational areas are vibrant spaces where residents engage in hobbies, forge friendships, and celebrate life. Whether it's art, reading, or games, these zones are where memories and camaraderies thrive.





Assisted Living

Crafting Autonomy in the Lap of Care

Our Assisted Living Service is an ode to the fierce spirit of independence that burns brightly in our seniors, even as they occasionally seek the warmth of a helping hand.

The heart of Athulya's Assisted Living lies in empowerment. It's about respecting the autonomy of our residents, acknowledging their lifetime of experiences, and appreciating the value they place on their personal freedom. This is a space where our seniors can lead life on their terms, with the assurance that assistance is just a whisper away.

Personalized Care Routines: Recognizing individual preferences, we tailor routines in collaboration with our residents, ensuring their specific needs are met seamlessly.

Diverse Activity Offerings: We offer a range of activities for mental agility and physical well-being, from yoga sessions to puzzle challenges, ensuring our seniors remain engaged and active.

Food for Soul: Our meals, supervised by dietitians, combine nutrition with taste. Fresh ingredients and a blend of traditional and modern recipes result in dishes that are both wholesome and delightful.

The Gentle Embrace of Support: At Athulya's Assisted Living, the beauty lies in the subtleties. It's in the gentle reminders for medication, the ever-present arm ensuring safe ambulation, or the patient ear always ready to listen. It's in understanding that sometimes, all one needs is the reassurance that there's someone nearby, always ready to help.



Transition Care

Your Companion Through Recovery

Recovery isn't merely a physical journey; it's an emotional voyage that requires nurture, care, and unwavering support.

Hospitalizations, while essential, can often feel alien and overwhelming. The road from the hospital to home can be riddled with anxiety and questions. This is where Athulya's Transition Care steps in, not just as a service but as a compassionate companion to ensure that this journey is not traveled alone.

Personalized Transition Support: At Athulya, we focus on the recovery journey as much as the destination. With custom post-hospitalization plans, we ensure a smooth, comfortable, and progressive transition back home.

Round-the-Clock Nursing: Our specialized nurses, trained in post-hospitalization care, are available 24/7. They provide expertise, administer medications, monitor health, and offer comfort, ensuring residents are always cared for.

Comprehensive Rehabilitation: We prioritize swift recovery through a range of rehabilitation services, from physical therapies to cognitive exercises. Led by professionals, these services aim to enhance recovery and bolster confidence in one's abilities.

Unwavering Continuum Care: Athulya's Transition Care focuses on sustained support, ensuring the road to recovery is consistent and seamless, bridging the transition from hospital to home with comprehensive care.



Mind & Memory Care

A Journey of Compassion and Memories

Dementia, a journey through a shifting landscape of memories, brings with it challenges not just for those experiencing it but also for their loved ones.

At Athulya, we see beyond the challenges. We perceive the soul, the individual, and the treasure trove of memories they've accumulated over a lifetime. Our Mind & memory Care is designed as a safe haven where every fleeting memory is cherished, and every moment is crafted with love and understanding.

Thoughtful Environments: Designed with dementia challenges in mind, our spaces emphasize familiarity using soothing colors, clear signages, and memory aids. This design prioritizes comfort, reducing anxiety and fostering well-being.

Cognitive Engagements: We offer therapies tailored for dementia, like music sessions to recall memories and art activities for self-expression. Each is crafted to stimulate the mind, fostering memory retention and creating joyful moments.

Discreet, Vigilant Monitoring: Balancing safety with respect, our advanced monitoring systems, backed by attentive staff, ensure 24/7 protection without impinging on residents' dignity and privacy.

The Athulya Ethos: Central to our Mind & Memory Care is respect and empathy. We recognize each individual's unique experience with dementia, honoring past memories while creating new ones with compassion and joy.



Palliative Care

Honoring the Life with Gentle Embrace

Life's final chapters, while inevitable, bring with them a myriad of emotions – from reflection and nostalgia to uncertainty and even fear.

At Athulya, we believe in transforming these chapters into a narrative of grace, respect, and warmth. Our Palliative Care is more than just a medical service; it's a holistic embrace of the individual, ensuring that every remaining moment is lived fully, comfortably, and with profound dignity.

Expert Pain Management: Our Palliative Care emphasizes physical ease. With expert teams proficient in pain and symptom control, we use a mix of traditional and modern methods to relieve discomfort, allowing residents to embrace their moments.

Emotional & Spiritual Guidance: Recognizing the emotional and spiritual journey, we provide specialized counseling for residents and families, guiding them through emotions and fostering emotional peace and spiritual connection.

Spaces of Calm: Our environment emphasizes serenity and connection. With tranquil gardens, meditation zones, and comforting spaces, residents can reflect, bond, and immerse in nature's serenity.

The Athulya Commitment: We comprehend the profound emotions during life's closing chapters. We stand by our residents and families, ensuring understanding, support, and cherishment. Our team embodies sensitivity, celebrating life's essence to its final moment.



Rehab Care

A Shift from Healing to Wholeness

We believe that every setback is a setup for a comeback, and our dedicated team is committed to being a part of this comeback journey.

At Athulya, our Rehab Care is a dedicated bridge from pain and limitation to vitality and freedom. The road to recovery, especially post injuries or surgeries, isn't just about mending what's broken. It's about reclaiming the essence of life, rejuvenating spirits, and renewing a sense of purpose.

Personalized Rehabilitation Plans: Acknowledging each individual's distinct recovery needs, our therapists design tailored rehabilitation routines. By integrating clinical evaluations with personal goals, we ensure that recovery aligns with residents' aspirations, leading them towards significant milestones.

Advanced Physiotherapy: Our modern physiotherapy facilities showcase our commitment to comprehensive recovery. Beyond advanced equipment, it's our therapists' dedication and motivating environment that truly accelerates healing.

Holistic Rehabilitation: We emphasize both physical and mental restoration. Along with physical therapies, we offer meditation, mindfulness, and counseling to enhance mental resilience, ensuring a rejuvenated spirit.

Athulya's Dedication: Central to our Physio & Rehab Care is our firm belief in resilience and rejuvenation. We see setbacks as opportunities for comebacks, with our team ardently supporting and celebrating every step of our residents' progress.



Home Health Care

Extending Our Embrace to Your Home

Home is where the heart is. It's a tapestry woven with memories, warmth, and a unique comfort that's irreplaceable.

Recognizing the profound attachment many seniors have to the sanctity of their homes, Athulya broadens its horizon, extending its world-class care right to the heart of their personal spaces. With Home Health Care, we bring the essence of Athulya's nurturing environment to every nook and corner of our residents' homes.

Holistic Home Care: Recognizing seniors' diverse needs, our home-based care extends beyond medical assistance to aid in daily activities, from mobility help to meal assistance. This comprehensive approach ensures all aspects of well-being are addressed within their home.

Consistent Health Monitoring: With health as a priority, our systematic health monitoring ensures residents' well-being is regularly checked. Routine assessments and feedback mechanisms quickly address potential issues, offering peace of mind to residents and their families.

Dedicated Caregivers with Athulya's Ethos: Our caregivers, trained in the Athulya philosophy, offer more than skills. They embody love, respect, and dedication, fostering trust-filled relationships with residents.

A Commitment, Not Just Service: Our Home Health Care signifies more than a service; it's our pledge. We aim to fill homes with laughter, comfort, and security, maintaining Athulya's high care standard even outside our facilities.

The Pillars of Athulya

The Team Behind Our Legacy


Athulya is more than just a name; it's an emotion, a philosophy, and above all, it's a family. The strength of this family lies in its members - our dedicated team. They are the lifeblood that courses through Athulya, giving it its pulse, its warmth, and its unwavering spirit.

Athulya is more than a name—it embodies emotion, philosophy, and family. The essence of this family is its members, our committed team, providing Athulya its heartbeat and spirit.

Our distinguished medical team, known for their expertise, bring a passionate approach to geriatric care. Their blend of advanced knowledge and understanding of senior needs aims not just to maintain, but enhance residents' health.

Athulya's soul is its caregivers, who are companions and comforters for our residents. Their deep understanding of seniors' needs, coupled with every thoughtful gesture, underscores their commitment.

Our holistic team includes nutritionists, physiotherapists, and wellness experts, ensuring comprehensive well-being, from nutritious meals to therapeutic sessions.

A close-up portrait of a young woman with dark hair, smiling warmly at the camera. She is wearing teal medical scrubs and has a stethoscope around her neck. The background is a soft, out-of-focus light color.

Athulya's team is on a mission, not just a job. We aim to enrich each day, making every resident feel valued and at home.

Embrace Life's Radiance with Athulya

The golden years, contrary to popular belief, are not just a time for retrospection. They present a glorious opportunity to celebrate the now, to dance with the present, and to craft moments that shine with an undying luster.

Athulya – Your Partner in this Radiant Journey:

These golden years are a testament to a life lived with passion, dreams realized, challenges faced, and countless stories told. Yet, there's so much more waiting to be written, experienced, and celebrated.

Let's embrace these radiant years together, with boundless enthusiasm and joy.

Embrace this splendid phase of life with fervor and zest.

Join hands with Athulya. Embark on this luminous journey with us today!



Arumbakkam,
Chennai



Perungudi,
Chennai



Pallavaram,
Chennai



Neelangarai,
Chennai



Hosur Road,
Bengaluru



Maduravoyal,
Chennai



Kakkanad,
Kochi



Thudiyalur,
Coimbatore



Whitefield,
Bengaluru



Kukatpally,
Hyderabad

AND GROWING!



ATHULYA SENIOR CARE CORPORATE OFFICE

No. 40, North Phase, 5th Cross Street, Kalaimagal Nagar, Ekkatuthangal, Chennai, Tamil Nadu – 600032



Mind & Memory Care



Assisted Living



Rehab Care



Palliative Care



Transition Care



Home Care

WHERE COMPASSION MEETS CARE.

BENGALURU | CHENNAI | COIMBATORE | HYDERABAD | KOCHI | AND GROWING!

+91 98849 45900

enquiry@athulyaseniorcare.com

athulyaseniorcare.com

