



Aging Well with Assistance: Senior Living



As the world's population ages, the importance of providing suitable living environments for seniors has never been more critical. The evolving landscape of senior living, especially in India, reflects a growing recognition of the need for quality care and community support for our elderly population. That is why we bring you the following bulletin with curated content to keep you informed about the changing dynamics of senior care and well-being.



The importance of senior living in a healthy aging plan

“As we age, health issues can impact our ability to live independently. Planning ahead for suitable living environments can enhance the quality of life. Senior living options, tailored to older adults' needs, include home care, assisted living facilities, and nursing homes. Assisted living offers help with daily activities, providing meals, housekeeping, and social interaction, while nursing homes offer intensive medical care.

Healthy aging involves maintaining an active, independent, and purposeful life through proper medication, exercise, diet, social engagement, and mental well-being. Senior living facilities provide social benefits, reduce loneliness, and support emotional health. Choosing the right living situation involves evaluating medical conditions, physical abilities, and personal preferences.

A healthy aging plan should be developed early, considering personal wishes, health

conditions, and financial resources. Engaging loved ones in planning ensures they maintain control over their lives. Touring facilities, assessing care options, and considering long-term care insurance are key steps. Preparing a healthy aging plan early improves quality of life and ensures appropriate care when needed.”...(Contd.)

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The Changing Landscape of Old Age Homes in India

Team Epoch,

The changing landscape of old age homes in India

“For a long time, and even today, old age homes have carried a negative connotation, often seen as a last resort for elders with limited options. They were associated with a loss of autonomy, social isolation, and a decline in overall well-being. However, a crucial aspect of the evolving landscape of senior care is changing these societal perceptions. This shift, although slow, is very important. Old age homes should be seen as extensions of care, offering support and companionship to elders who may not have a traditional family structure or who require additional assistance. These facilities can play a vital role in enhancing the quality of life for seniors, providing a sense of community and belonging while ensuring their needs are met with dignity and respect”...(Contd.)

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Business Standard



Indian senior living market has potential to touch \$12 bn by 2030: Report

"The Indian senior living market is projected to grow from \$2-\$3 billion to around \$12 billion by 2030, driven by an aging population and increasing median age, as reported by Colliers. The median age in India is expected to rise from 29 to 38 by 2050, and the proportion of people over 60 will increase from 11% in 2024 to 21% by 2050. By 2050, India will account for 17% of the global elderly population. Factors such as rising life expectancy, nuclear families, higher incomes, and changing lifestyles are fueling demand, especially in urban areas. The market is expected to grow at a CAGR of over 30%, with demand for senior housing units increasing from 1.8-2 million to about 3 million by 2030. Senior living options in India include independent and assisted living, with increasing opportunities for real estate developers and investors to meet this growing demand"...(Contd.)

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Right to excellence: Senior well-being summit 2024

"We are thrilled to announce that Epoch Elder Care was a part of the #RightToExcellence #SeniorWellBeingSummit by Times of India on the 22nd of July! Our CEO Ms. Neha Sinha united with experts and changemakers to share insights and ideas on enhancing the quality of life for our beloved elderly population"...(Contd.)

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