

A FAMILY GUIDE

Choosing the Right Old Age Home

A practical checklist for families comparing old age homes in India, so you choose with confidence, not guesswork.

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Why this guide exists. Choosing an old age home is one of the hardest decisions a family makes. This guide gives you a clear framework, so the choice feels informed instead of overwhelming.

Signs It's Time to Consider an Old Age Home

Families often wait too long before exploring professional care, hoping things will improve on their own. Watch for these signs instead.

- ✓ Recurrent falls or difficulty moving safely around the house
- ✓ Medication mismanagement, including missed or duplicated doses
- ✓ Progressive cognitive decline that affects daily safety
- ✓ Compromised personal hygiene or neglected self-care
- ✓ A family caregiver showing signs of exhaustion or burnout
- ✓ Chronic conditions, like Parkinson's or advanced dementia, that exceed home-based care limits

Recognising these signs early gives you time to research and choose carefully, rather than making a rushed decision during a crisis.

Home Care vs. Old Age Home

Both options have a place, depending on your parent's needs. This comparison helps you decide which fits your situation.

Factor	Home Care	Old Age Home
Medical supervision	Limited, visit-based	24/7 on-site
Social engagement	Minimal, depends on family	Structured daily activities
Emergency response	Depends on caregiver availability	Immediate, on-site staff
Cost predictability	Variable, can rise with need	Fixed, transparent packages
Caregiver burnout risk	High for family members	Not applicable

Home care works well for mild, stable conditions with an available family caregiver. Old age homes suit situations needing consistent supervision, medical support, or social engagement.

10 Questions to Ask Before You Choose

Ask these questions during every facility visit. The answers reveal more than any brochure.

- ✓ Is a doctor or nurse available on-site 24/7?
- ✓ What is the staff-to-resident ratio during day and night shifts?
- ✓ How are emergencies handled, and which hospitals do you partner with?
- ✓ What does a typical daily routine look like for residents?
- ✓ How often do you update families on health and wellbeing?
- ✓ What safety features exist, like anti-skid flooring or emergency alerts?
- ✓ Can you accommodate specialised needs like dementia or post-surgical care?
- ✓ What is included in the cost, and what counts as extra?
- ✓ Can families visit or speak with current residents' relatives?
- ✓ What is the process if care needs increase over time?

Red Flags to Watch For

Some warning signs are easy to miss during a short visit. Slow down and look closely for these.

- ✓ Vague or evasive answers about staff qualifications
- ✓ No visible activity or engagement among current residents
- ✓ Unclear or hidden pricing structures
- ✓ Poor hygiene or maintenance in common areas
- ✓ Reluctance to let you speak with existing residents or families
- ✓ High staff turnover or unfamiliarity among the care team

Trust your instincts. If something feels off during a visit, it usually is. A good facility welcomes questions and transparency, not resistance.

What Makes Nest Elder Care Different

Nest Elder Care operates more than 18 centres across India, built around one principle: every resident deserves comfort, dignity, and real medical support.

- ✓ 24/7 doctors, nurses, and caregivers on-site
- ✓ Full-body checkup and cognitive assessment before admission
- ✓ Personalised care plans, reviewed and updated regularly
- ✓ Specialised programs for dementia, palliative, and post-hospital recovery care
- ✓ Climate-controlled private and semi-private rooms
- ✓ Anti-skid flooring, CCTV monitoring, and emergency alert systems
- ✓ Transparent, regular family communication on health updates

Families choose Nest not just for the facilities, but for the consistency and honesty behind every care decision we make.

Making the Transition Easier

Moving a parent into an old age home is an emotional step for the whole family. These practices make the transition smoother.

- ✓ Involve your parent in the decision wherever possible
- ✓ Visit the facility together before making a final choice
- ✓ Bring familiar items, like photos or a favourite blanket, to the new room
- ✓ Plan regular visits and video calls to maintain connection
- ✓ Give your parent time to adjust without rushing expectations
- ✓ Stay in close contact with the care team during the first few weeks

A thoughtful transition often reduces anxiety for both the resident and the family. Most residents settle into a new routine within the first month.

Frequently Asked Questions

How do I know if my parent is ready for an old age home?

Look for safety risks, medical needs beyond home care, or caregiver burnout. A consultation with a geriatric specialist can also help confirm readiness.

What is the average cost of an old age home in India?

Costs vary widely by city, room type, and included services. Ask facilities for a full breakdown of what is and is not covered in the base price.

Can my parent move back home after moving into a facility?

Yes, in many cases. Discuss flexibility and transition options with the facility beforehand, especially for short-term or trial stays.

Does Nest Elder Care offer trial or short-term stays?

Yes. Our respite care option allows short-term stays, helpful for families who want to experience our care before committing long-term.

How does Nest Elder Care handle medical emergencies?

Our on-site doctors and nurses respond immediately, and we maintain tie-ups with hospitals for any emergency requiring further medical attention.

Still Deciding on the Right Fit?

Our care advisors can walk you through a facility visit, answer your questions, and help you compare options with confidence.

Speak With a Care Advisor

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