



SENIOR CARE

**Aging is not
lost youth but a
new stage of
opportunity
and strength**



KALEIDOSCOPE

Counselling for a Quality Life



About Kaleidoscope

Life is a journey through changes. As we evolve, we grapple with several changes which are physical, emotional and psychological. These changes often leave us confused and yearning for support and guidance. Kaleidoscope is your true friend and a mentor on this journey called life. We believe in a preventive and holistic well-being of an individual. We seek to understand and track these patterns of change to help make the journey of life, a smooth and fulfilling affair for individuals, organizations and communities.

Kaleidoscope is steered by a team of experienced and internationally certified psychologists who have helped design programs, workshops and counseling sessions to suit individuals, cutting across all age groups.

We provide a safe space for every individual to express their innermost feelings with ease, without judgment and with their dignity. We provide our services at our care centers and through our outreach programs. We aim to be the catalyst to reform whole communities and societies by making mental wellness a part of our ecosystem.



Senior Care

The process of aging brings with itself a host of challenges and changes. The body becomes unfamiliar, regular physical activities become complex, with fading memory everyday chores may seem daunting. Apart from these physical challenges, our urban lifestyle, lack of support system or caregivers pose another set of difficulties. Most of the times the seniors are susceptible to loneliness and social isolation. Such conditions can lead to mental health issues that can have dire consequences. It is at times like these that we have to take extra care and give more compassion to them.

Kaleidoscope understands these difficulties and challenges in the lives of the seniors and their children.

Our team of Senior Care experts are dedicated to nurture and care for the mental wellness of these senior citizens. We offer specialized services to nurture the needs of the elders, be it at home or at the care centre.

Thus, we help in keeping them in sound mental, physical, and emotional state. All our services are customized according to the needs of our seniors.

Senior Care Management Services

1. Therapy and Support at Home Sessions

A) Therapy Session:

A.1 : Joyful Companionship

Retired life can sometimes, become lonely. All they need is a companion to share their thoughts and wisdom with. Senior Care Management assigns certified psychologist, as a Young Companion, to attend to the intellectual needs of their Senior Companion.

All our services are customized according to the needs and physical and mental capabilities of our seniors.

Some of the services under the Joyful Companionship are brain stimulating games , discussions on current affairs, Indulgence in their hobbies or some creative activities, technology learning, social outings etc

A.2 : Home Therapeutic Counseling

Adapting to the changing times becomes challenging. With our creatively designed Therapeutic Counseling sessions at home, we help the Seniors with various aspects of their lives that they find difficult to cope with.

The sessions are organized at home for the convenience of the senior and their family. Therapeutic sessions are organized for Seniors suffering from Depression, Family or marital discord, Personality disorder, Stress or Anxiety etc.

A.3 : Alzheimer and Dementia Care

We understand the daily struggles and challenges faced by the seniors and their family members, who are suffering from Alzheimer's disease and Dementia. The Senior Care Management department provides them with mental and emotional support, through a very structured methodology.

This helps them to cope with their situation in a better way. The care does not entail the prevention or cure for the condition but rather equips the clients with emotional well-being and the ability to manage situations. The services have been segregated in two parts:

- a) Dementia Care for the elderly
- b) Care-giver Training and Counseling



B) Support Session:

B.1 : Home Management

Under this segment, we aid the seniors to manage their daily activities around their home. From managing and training the staff help, banking assistance, online shopping, coordination with outsourced services, overall funds management, assistance in bill payments, to running errands, we provide it all.

B.2 : Health Management

We can assist the seniors with their daily medical requirements by keeping them in a sound physical and mental health, with services like assistance for hospital visits, medication management, dietary management, health monitoring, support staff supervision & holistic approach to mental and physical well being etc.

Senior Care Management Services

2. Bon Voyage (Therapeutic Retreats)

With restricted movements, the seniors are sometimes stuck within the confines of their own homes. Bon Voyage has been created with the view to provide the elderly with trained assistance, so they can get the opportunity to explore new places within their comfort zone. This will give them the confidence and courage to undertake tours and excursions, they have been longing for so long.

This is when they can unbuckle their worries, and embrace the dance of life.

The Senior Care Experts would ensure that the seniors are fully assisted and have a wonderful time.

3. Elite Seniors Club

To keep our senior's days busy, we encourage them to join our elite Seniors Club. Let them become a part of a group with like-minded, intellectual souls and join them for group activities, social engagements and other interesting endeavours. Under the Elite Senior Club program there are three types of services:

Counseling Sessions: Elderly people can come together at the centre and get group or individual counseling sessions to maintain their mental and emotional health.

Workshops & Fun activities: At the center, the elderly people can engage themselves in educational, creative constructive and fun workshop sessions.

Creative Therapies: We provide a wide range of therapies for people who experience different types of emotional pain, vulnerability, life struggles or mental health issues. Our team of psychologists specializes in Art Therapy, Dance Movement Therapy, Music Therapy and so on. Each therapy is influenced by its unique medium or form, giving it the flexibility to meet the complex needs of our clients.

To book an appointment or to answer any query about mental health, please contact us on +91-11-43635555 / +91 7428581953

Why Us?



Team:

- Internationally certified Mental Health Professionals
- Reputed Advisory Board
- Associated with the best Neurology tertiary Care Hospital
- In house expert team on research and development



Centre:

- Specialized care centre
- Specifically designed boutique consultation rooms
- Five senses room for experiential comfort
- State of Art Facility



Services:

- One stop solution for mental wellness services
- Preventive and promotive help for all age groups
- Assessments and evidence-based interventions
- Focussed Holistic well being
- Transparency, Confidentiality and Safe Space



Giving hope, care and compassion....



CHILD & ADOLESCENT CARE

Growth Monitoring Screening (GMS)
Counseling
Standardized Assessments
Workshops
Career Planning
Creative Therapies



ADULT CARE

One-to-one Counseling
Couple Counseling
Family Counseling
Standardized Assessments
Workshops and Programs
Creative Therapies



ORGANISATION SUPPORT

Peak performance program
Trainings and workshops
one counseling services
Creative therapies



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