



A trusted companion



YOU'RE DOING **YOUR BEST.** WE CAN HELP YOU **WITH THE REST.**

As our parents grow older, caring for them becomes challenging - especially when most don't want to leave the homes they've built over the years, or the way of life they are used to. Distance and time constraints leave us stressed out and fearful for their well-being.

We founded Sakhi4Life to plug this anxious gap - by offering Support, Care and Companionship for Aging Parents - with the same kind of respect and effort that you would put in.

Our Sakhi Counsellors are trained to be the perfect support system for seniors living alone; managing daily chores, payments, legal, medical, technical, financial or government requirements and dealing with staff on their behalf.

A STORY BORN OF CARE.



It all started over a dinner table conversation as we were sharing anecdotes about our parents. We realised that although we don't like to think about it, the fact remains that as our parents grow older, they need us more and more. We would like to be there all the time for them, but it's not always possible.



That is how Sakhi4Life came into being. Our focus goes beyond healthcare or medical needs - we focus on being trusted companions. Our mission is to:

- Give seniors the dignity they deserve
- Make them independent
- Be somebody they can simply talk to without any agenda or purpose

FOUNDERS

Suchint Murali

Suchint has been an HR professional since the last 25 years. She founded Sakhi4Life in pursuit of her passion for social entrepreneurship, after an 18-month hiatus.

Gayathri Suresh

A CA with 26+ years' experience with MNCs & banks, Gayathri is a cofounder of Sakhi4Life.

Pooja Jalan

Pooja is a Certified Healer across modalities and organises Mind & Wellness fests across India. She is a cofounder of Sakhi4Life.

HOLISTIC. ORGANISED. HEARTFELT.



WE HELP SENIORS FEEL:

Connected: By providing social contact and conversation to take the edge off the loneliness they may experience post retirement.

Empowered: By enabling them to reach out to a trusted person even if their family members are unavailable at the time.

Supported: By ensuring there is always someone reliable to go with them for their medical appointments.

Safe: By preventing undue advantage or physical/mental abuse of any kind, by getting Sakhi Counsellors to deal with domestic staff and vendors.

OUR SAKHI COUNSELLORS ARE JUST **ONE CALL AWAY FOR EVERY NEED.**

It could be as small as ordering a meal on Swiggy or a car on Uber to fall-proofing their house to managing their property or arranging a celebration with their friends or relatives.

We match every senior with a Sakhi Counsellor according to their personality, skillset and language.

Monthly plans start as low as Rs. 1,500.



IT IS IMPORTANT TO US
THAT **EVERY SENIOR FINDS
A TRUE Sakhi4Life!**



Have a question?

Reach out to any one of our founders.

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