@ Care

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Dear Friends,

Good to connect and Greetings from @Care news team.

As we step **into the third year of operations**, we , at Care Finder are extremely grateful to the support extended by our valued customers, service providers, partners and well wishers.

Through @care, we connect with caregivers and their loved ones (elders) on topics of interest.

We believe that life is too wonderful to be spent worrying. We will present positive articles, snippets and product information that will be of use to you and your loved ones. We will present interesting concepts and answers to many of your day to day requirements. The news letter layout will be simple and easy for the eye. And in a printable format, should you wish to print.

The news letter is a **collaborative exercise. You can contribute too**. We will be happy to receive interesting and informative information from you that can benefit many around you.

In this maiden issue of @Care, we bring you a very interesting concept - reinventing the family doctor. That's what Covai Care has done through its **Poly Care** in Coimbatore. (Page 2) We also touch upon **the concept of digitizing records** (Page 3). In our products review page, we present Apna Care's Sacroiliac Belt. In concepts, we talk about the short stay , how it can be helpful to people.

Happy reading.
Srikumar
Founder – Care Finder

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Reinventing the concept of family doctor....

I remember the good old days, when my father would take me to Dr. Venkataraman – our family Physician for any ailments. The visits were not confined to just ailments. Whenever there was any function in our house or any celebration, Doctor was one of the first invitees. And Dr. Venkataraman was fond of me. He would know which class I studied. He will know most details about me. He would never give me any medication unnecessarily. He will know what I am allergic to. He will know what he prescribed to me even two years earlier.. He was a friend, a guide and in certain ways a mentor too. He would visit home when my grandmother was unwell . Would sit by her side and chat with her. And as I grew, he somewhere faded into the past. And so did the concept. I miss those days, when someone cared genuinely and would not medicate unnecessarily.

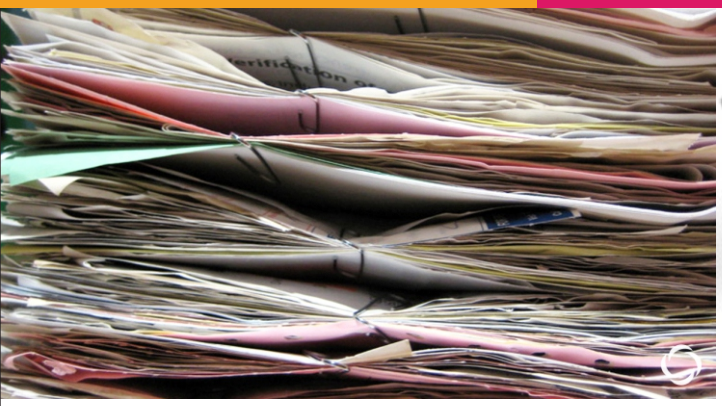
Recently read about Covai Care's Polycare, the concept excited me instantly. Bringing back the concept of modern day family doctor is certainly the need of the hour. Just ask yourself this question : when was the last time **you spoke to a doctor or a doctor spoke to you** ? Where was that concern, touch and care concept gone in this modern world - this is what Covai Care's Poly Care brings to you.

Colonel (Veteran) A Sridharan,(VSM) is a name that highly respected in the eldercare industry. A pioneer in many ways and a thought leader in the space of eldercare , he has innovated and implemented many successful services to elders. Through Polycare, he extends the concept to families, not only elders.

So What does Poly care do ?

- It gives you the comfort of having a family doctor. Who will know you and your medical history.
- The Concept is to ensure that you go through only the necessary medication and more importantly know why you are going through a medication.
- Unless necessary, you are not referred to a consultant or medical procedures including scans and tests.
- And if necessary, these are done at a very cost effective manner at the Poly Care or their partners.
- Your personal medical records are protected and preserved and a history file is created. Of various medical issues that you have had. Just imagine… all your ailments in one file. For quick and easy reference.
- In short, if you need a hospital admission, just wheel in. They take care of the rest.
- They assist you with appointments with specialists and if you need, send an escort with you for such medical references.
- Remind you of your medication and tablets and facilitate medicines through their pharma tie ups. And at a discount.
- At present the services are available only in Coimbatore city.

The concept's relevance at a time when most elders are by themselves, with children away could have never been better. But the concept is applicable to the entire family and not only to the elders. We hope many more will come with such good offering as Covai Care does. It will make a big difference to the world we live in.



Digitizing – creating space – preserving & protecting records

Digitization.. Creating spaces....preserving records

One of the most important strategies to adopt in ageing is need to preserve and protect document.

Documents and papers collected over a period of time becomes a hassle in managing space and storage. It is certainly a most boring work , but many of us like collecting paper , sometimes for sentimental reasons. And as space becomes scarce and very expensive, it is important that we plan a strategy to maintain our records. So what should you do in terms of planning for digitizing records ?

Convert your stored data , documents and records in a digitized format and make it safe, secure and easy to retrieve.

- First classify your papers, segregate legal and non-legal papers.
- Non legal papers are the ones you can digitize immediately.
- Manuscripts and images, films, books and journals, Medical documents, photographs, paintings and archives are few things that you can digitize. Music albums, audio cassettes, spool tapes, films etc., are being digitized in a easy to retrieve format.
- Periodically check the relevance of documents and moving unwanted collection is a very important exercise one should do.
- Store the data into external hard disks that have capacity of 1 - 2 terra bites.
- Digitizing of records can be a perfect gift for all ages
- Medical records digitization is important. Many solutions have come, where you can access these records from just anywhere.
- Digitizing your child's key certificates and documentation and updating them every year, makes it a perfect gift when the child turns adult. Photographs, memories and certificates.

The floods that ravaged Chennai in 2015 brought stories of people who lost their lives trying to salvage their documents. **The concept of digitization started gaining more relevance than ever before**. Especially people who had lost all their original and probably the only set of documents that they had. House records, electricity cards, water cards, asset papers....

At Care Finder, we consult with you on digitizing your records. Remember, it is one of the most important things that you have to do. Call us or mail us. And we will connect with you.

Product : Sacroiliac belts :

An ideal belt for back pain problems. People with larger tummy often end up with SI joint pain. A growing tummy pushes the center of gravity forward. This increases the force on lower spine. Many compensate for this added load by overarching the lower back. This stresses the region and compresses the spine. This belt is also very apt for pregnant women. Excessive hormone sifts can result in over mobility of the SI joint causing inflammation, pain and stiffness. The Sacroiliac belt supports the base of your spine, thereby relieving stress and reducing pain in the lower back, hip and pelvis regions. It increases strength throughout your back, hips and legs.

Through our tie up with **Apna Care**, we bring you Sacroiliac belts at the most economical rates. Mail us on info@carefinder.in for further details.

Short- stays .. the concept.

Short stays are for a duration of just two days to six months.. The concept of short stay has been gaining a lot of relevance. For various reasons. It provides you with a relief of leaving your loved one at a place, where he / she will be taken care of very well during your absence. In today's security concerns, you would not like to leave your loved ones at your home with strangers to attend. With families becoming smaller, you often have to postpone decisions of travel, just because you cannot find good care for your loved ones when you are away. And at times it could frustrate you. Relax , many solutions have come up these days. With possibilities of you connecting with your loved one on a day to day basis when you are away, when you are intimated about their health condition..

Short stays are also for people who want to try the concept of retirement or senior living. Shortstay options are available for normal as well and unwell elders. Short stays are also common during the convalescence period, after a major illness or surgery. Short stay options can be tailor made to your requirements. So there is help at hand, should you need one.

Notes from the editor's desk :

Please send your feedback and suggestions to info@carefinder.in

We will be delighted to hear from you. Through @care, we will try and reach you on month on month basis. Information of interest, topics from insights, new products that can help you live better….. You can help us forwarding this mail to your friends and relatives, who can be benefited. We would be grateful if you can help us reach a larger audience who can benefit from our newsletter. Or just send us the references, and we will include them in our mailing list.