



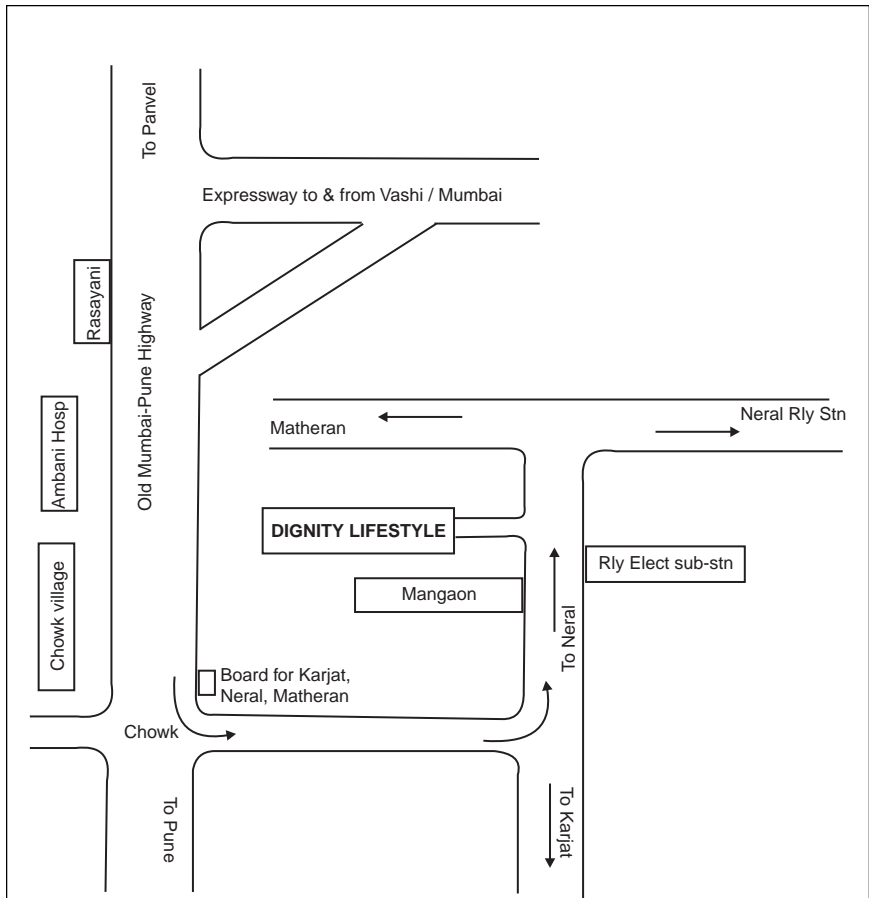
DIGNITY *lifestyle*

*A hassle-free Retirement Township.
Not an Old Age Home.*

Dignity Lifestyle Township

**PAYMENT OPTIONS
FOR ASSISTED LIVING**

UPDATED FEBRUARY 2009



NOTES:

- a) Site is 4 kms from Neral railway station.
- b) Site is 90 kms from Mumbai (Churchgate) by road.
- c) On Eastern Expressway coming from Mumbai, look for Khopoli / Shedung Bypass and follow till the turning of Karjat / Neral / Matheran.
- d) Ask for road to Matheran. About 4 km before climbing the hill, look for the Dignity Lifestyle signboard on the Karjat-Matheran main road.

Payment Options for Assisted Living

Updated as of February 1, 2009

At the end of completion of First Phase with a total of 62 cottages (and rooms) available for occupation, there is no more vacancy. All have been sold out. However, vacancy keeps arising due to several factors. Persons over 55 can avail of vacancies subject to terms and conditions as described in the foregoing pages.

Of the various types of cottages made available during the First Phase of the Township, only the following two types are available.

Types of Accommodation available

Care cottages for Assisted Living

a. Classic Nightingale Care Cottages

375 sq.ft

For one person or sharing

Permanent stay

Independent, attached toilet in anti-skid flooring, with shelf space for bath linen, American closet, grab bars, geyser, sink, mirror accessories, TV, Frig, 1 cot, 1 writing table; 2 soft-fabric upholstered sofa, 2 fans, shoe rack, pantry with washbasin and telephone, Puja alcove, 2 wardrobes, loft facility. One common sit-out for every 4 cottages. AC and Inverter are available at extra cost. Not transferable.

b. Economy Cottage

180 sq.ft

1 person can stay

Permanent stay Independent cottage with attached toilet. TV, 1 cot, pantry & sink, Fridge, Sofa, 1 wardrobe, Aqua guard. AC and Inverter can be provided at extra cost

One-Time Deposits and Monthly Maintenance

Cottage Type	Area sq.ft	Total cost	Refundable Deposit	Non refundable Deposit
Nightingale Blocks 1, 2 Onetime Deposits	375	13 Lakhs	9 Lakhs	4 Lakhs
Monthly Fees Includes food, Electricity (Non AC), laundry, personal attendance 24 hours. Excludes medical treatment, medicines and physiotherapy		Rs.12000 per month for Low care Rs.18,000 per month for High care		
Nightingale Blocks 4 Onetime Deposits	500	13 Lakhs	9 Lakhs	4 Lakhs
Monthly Fees Includes food, Electricity (Non AC), laundry, personal attendance 24 hours. Excludes medical treatment, medicines and physiotherapy		Rs.12000 per month for Low care Rs.18,000 per month for High care		

Cottage Type	Area sq.ft	Total cost	Refundable Deposit	Non refundable Deposit
Nightingale Economy Onetime Deposits	180	9 Lakhs	5 lakhs	4 Lakhs
Monthly Fees Rs.12000 per month for Low care Includes food, Rs.18,000 per month for High care Electricity (Non AC), laundry, personal attendance 24 hours. Excludes medical treatment, medicines and physiotherapy				

1 month short stay option available only to Dementia Day Care members from Mumbai and to no other. The monthly fee is Rs. 20,000 per month (includes food, laundry and electricity).

No weekend stay / trial option available to Nightingale unit members

The monthly maintenance fee includes:

- * House keeping
- * Bed linen laundry
- * 24 hours Security
- * Common Car park shed
- * Festival celebrations
- * Hydro therapy usage
- * Personal care and grooming
- * Satsang/Bhajans
- * Medical Supervision and Health Maintenance

Facilities available on payment basis

Drug store, provision store, bar, coffee shop, Laundromat for washing personal clothing, Dry clean; daily washing of clothes; car wash,

driver supply, Ayurvedic body massage/treatment, medical consultation/treatment at the OPD by visiting professionals ; local and STD/ISD telephone calls, electricity usage as per independent meter reading in each cottage; Group Insurance scheme will be explored after admission of all residents is completed.

Nomination

Every resident has to fill in a Nomination form affixing the photo, signature, and consent of the nominee in case after the expiry of the resident the amount is to be refunded.

Nightingale Scheme

(Assisted Care Units)

In Phase I, four blocks of 30 cottages are being dedicated to looking after senior citizens with ailments. Senior Citizens requiring 24hrs assistance can take membership to these units. A dedicated assistance station is built into the design so that nursing and attender care is available all 24 hours. The architecture of these units is handicapped-friendly.

The level of the entrants will be dependant on the latest medical report and assessment of the Dignity Care Team in consultation with the prospective Member and his/her family members. Charges to be levied are based on the level of care required.

Finally, when the composite block of 100 small cottages gets built, with one central courtyard, all dementia members will be moved into these cottages. Till then they will be housed in the Nightingale blocks.

There are two levels of care: High Care & Low Care.

- **High Care**

Monthly Charges: Rs. 18,000-per month/person.

- **Low Care**

Monthly Charges: Rs. 12000/- per month/person.

The above cost includes Vegetarian food , electricity, laundry, and meal service in the common dinning area reserved for Nightingale residents, apart from attenders on call and nursing care. An allopathic doctor appointed by the Management will be in overall supervision of residents' daily progress. Medical Consultants such as Eye specialist, Orthopaedic, heart specialist, ENT, Dental will be regularly available for the residents in the Nightingale blocks against payment of fees on actuals.

The monthly charges do not include personal phone, e-mails, transport, medical treatment, medicines, hospitalization, Cable etc. A security deposit of 6 months monthly fees is payable in advance will be paid.

Refundability

The refundable component listed in the above Table is subject to:

- 1) A Lock-in period of 12 months after you handover the cottage/ room to the Trust, along with a return claim for refund.
- 2) Availability of next occupant i.e. refund will only be made after the next occupant has registered.
- 3) Refundability does not apply to monthly maintenance fees.

Nomination

Every resident has to fill in a Nomination form affixing the photo, signature, and consent of the nominee in case after the expiry of the resident the amount is to be refunded.

Facilities available on payment basis

Drug store, provision store, bar, coffee shop, Laundromat for washing personal clothing, Dry clean; daily washing of clothes; car wash, driver supply, Ayurvedic body massage/treatment, medical consultation/treatment at the OPD by visiting professionals ; local and STD/ISD telephone calls, electricity usage as per independent meter reading in each cottage; Group Insurance scheme will be explored after admission of all residents is completed.

Payment

100% payment will ensure allocation of cottage in the name of the payee.

Six months maintenance fee as security deposit may be postponed to the date when the occupant is ready to move in to utilise the life membership. Refund of security deposit will be made along with the refund of the one time deposit.

Medical Services

While it has been our goal to retain a full-time Medical Doctor in our township, for various practical reasons it has been possible for us to operate a DAILY CLINIC. The following doctors are available in the Clinic:

- Allopathic Doctor: On visit from Neral
- Ayurvedic Physician: As full-time staff

While general health maintenance, minor health setbacks and ailments are attended to promptly, for major specialist consultations and surgery, if any, residents are encouraged to seek services from the Dhirubhai Ambani Hospital some 20km from Neral with whom we have a tie-up.

Other Visiting Specialists to Dignity include:

Physiotherapist

General Physician — M.D.

Psychiatrist

Dentist – (Clinic at Neral)

Frequently Asked Questions

Where is it situated? How can one reach the place where Dignity Lifestyle is located?

Dignity Lifestyle is located at Neral, 80 km from Mumbai on the Mumbai-Karjat-Matheran Road. It is on the main road that leads to Matheran Hills.

By train you have to board at Chatrapati Shivaji Terminus (formerly VT) by the Karjat train that takes two hours to reach Neral. If intimation is given there is an autorickshaw that can be sent to collect train passengers.

By car one has to take the Mumbai-Pune highway. As soon as you reach the Express Highway, clock in 7 kilometers when you will find the board "Exit to Khapoli". Take the exit, and keep following the Modi Resorts name boards. Four kilometers after Modi Resorts is Dignity Lifestyle Township.

How big in acrege is the township?

It is 25 acres.

Who are your Trustees?

Mr Arun Saha; Mr Ashok Modi; Mrs Booma Bashyam; Mr Gopal Srinivasan; Mr R Sridhar; Dr Sheilu Sreenivasan

How have you raised finance?

It is a self-supporting proposition. Some bridge financing has been availed of.

Who can stay in Dignity Lifestyle?

Any man, woman, or couple or sisters or brothers above 55 yrs can join Dignity Lifestyle

If man is 55 years, but wife is only 50, can we get admission?

Yes

Is it necessary to be a member of Dignity Foundation to enroll in Dignity Lifestyle?

No.

Enrolment: What is the procedure to enroll?

Forms can be obtained from the head office and 100% payments have to be made for firm booking.

Status of completion of Project:

Phase I consisting of 58 cottages is completed. Common facilities such as Dining Hall, Club House, Admin and Medical Wards are completed. More than 50 people are living and the facility is running in full swing.

While enrolling do you require proofs of date of birth, nomination, address for an emergency etc?

Yes, Form will take care of all that. No marriage certificate required.

Is there a Separate Guest House for relatives/visitors?

As of now the Guest House is not ready; eventually it will be. Currently, two vacant cottages are being used for the purpose.

What are the common facilities?

Nightingale members are not allowed to use common facilities such as Club House, Common Dining Hall. Hydrotherapy may be used under guidance and supervision.

Medical formalities

Before admission the resident needs to our Psychiatrist. Normally, a house visit by our Psychologist or Social Worker is also undertaken.

No medical check up is required in case medical records are complete. Otherwise we would need to do all assessment tests, even if tests are outdated.

What are your Daily Activities

- Physical fitness, Yoga, Meditation.
- Bhajans & spiritual renderings.
- Two films per week.
- Internet related promotional activities.
- Food festivals
- Special Interest lectures

What are the Developmental activities you talk about in newspapers? Village development etc?

Village Mangaon is the focus of our developmental activities. Its school, women and tribal people are areas where we focus our attention. School and college children also visit periodically and interact with the residents.

What are the special Geriatric and Gerontological Care Services you are talking about in newspapers?

Trained by a reputed institute in Australia, our Social Worker, Psychologist personally facilitate the mapping of successful ageing processes of every resident who joins. This is done in line with the assessment results of the cognitive and physical motor skills of the resident. The Psychologist in-house also guides group therapy sessions for residents in need of venting their mental worries and those who require support group relationships.

Will the monthly fee stay permanent? When will you increase it?

The Monthly Charge will be increased if need be after assessing the inflation rate.

What are the medical formalities to be undergone? Whether check-up is necessary?

No medical Check-Up. Declaration is sufficient

If members of Dignity Enrichment centre would like to join the township, what happens to his enrichment centre fee?

They are independent. The services cannot be interchanged.

Are there special preferences for charter members of the Foundation?

Waving of registration fee period is over. Now there is no other privilege.

After I die if I want to transfer my Cottage to my relative, is it possible?

No, after your lifetime, the Unit will automatically go back to Dignity Lifestyle Trust. The people in the waiting list will be given priority.

After I die will my wife be asked to change her cottage?

No if she has paid for it, she will continue to live in it.

What about ill old? We read about Alzheimer's people also being taken care of in Dignity Lifestyle?

Yes, we have a Geriatric Care Unit with provision for 100 beds.

Supposing I get Parkinson's, will you take care of me?

Yes, till your lifetime. We have separate Geriatric Care Centre. Only the enhanced monthly maintenance fee will have to be paid.

How long can my children stay in the Guest House

Upto one full month – 30 days. Prices for daily basis will be applicable as per current rate card.

Can I go on holidays and keep my cottage intact?

Yes, you can go for any length of time. If you want you can rent it out to your relative approved by Dignity Lifestyle Trust for a period not longer than 6 months.

Dignity Lifestyle Township

Regd. Office: BMC School building, Topiwala Lane,
Opp. Lamington Road Police Station, Mumbai 400007.

Mumbai Head office: 022-23885090

Email: dignity@vsnl.com; with copy to mansiatre@gmail.com

Location: Dignity Lifestyle Township,
Karjat-Matheran Main Road, Neral 410101

Phone: 02148- 236600/ 236635 / 236639

All cheques to be made in favour of 'Dignity Lifestyle Trust'.