SHAYBAH

ELDERLY SERVICES PRIVATE LIMITED

Your safe haven for holistic elderly care

Support that feels like family

Care that covers it all

The Brochure

A guide to Shaybah's story, services, care ecosystem, and ways to connect.



Our Story

Shaybah™ began with a question.

If caring for an ageing loved one can be challenging even for healthcare professionals, what must it feel like for families navigating it on their own?
The journey began in 2007, when our co-founder, Dr. Suhel Lambate, spent several years caring for his bedridden father. That experience revealed the many physical, emotional, and practical challenges faced by older adults and their families.

It eventually led to the establishment of **Companion Healthcare Foundation**™ and **Golden Care**™, geriatric care centres dedicated to palliative, hospice, and long-term elderly care. Through years of serving older adults and their families, one reality became increasingly clear: many elders needed support not only in care centres, but also in their own homes.
That realization gave birth to **Shaybah**.

Created to bring thoughtful, coordinated, and compassionate elderly care closer to where older adults live, Shaybah combines medical expertise, rehabilitative support, nursing care, family guidance, and community initiatives to help older adults age with dignity while giving families greater clarity, confidence, and peace of mind.

To us, Shaybah is more than a company. It is a commitment.
To check in.
To listen.
To care.
To honour.

Not as a formality. As family.

Meet the Founders



Dr. Sarosh Lambate

Founder & Managing Director

A physician and entrepreneur with a deep commitment to elderly care, Dr. Sarosh Lambate founded Shaybah with the vision of creating a more thoughtful, connected, and holistic approach to ageing. Drawing from his clinical experience, community health initiatives, and exposure to geriatric care, he leads the organisation's mission to make quality elderly care more accessible, coordinated, and family-centred.

Dr. Suhel Lambate

Co-Founder & Joint Managing Director

With over fifteen years of experience in elderly, palliative, and hospice care through Companion Healthcare Foundation™ and Golden Care™, Dr. Suhel Lambate has dedicated much of his professional life to supporting older adults and their families. His experience, mentorship, and deep understanding of the realities of ageing continue to shape the values, vision, and direction of Shaybah.



Scan or click to connect

linktr.ee/saroshlambate

Dr. Sarosh Lambate

linktr.ee/suhellambate

Dr. Suhel Lambate

Our Vision, Mission & Values

Our Vision

To become a trusted name in elderly care by building a coordinated, home-first care ecosystem that supports older adults and their families through every stage of ageing.

Our Mission

To deliver thoughtful, high-quality elderly care through structured assessments, doctor-led guidance, home-based support, allied healthcare services, family communication, and personalised care planning.

We strive to make elderly care more accessible, more coordinated, and more dependable, helping families navigate ageing with greater clarity, confidence, and peace of mind.

Our Values

Clinical Responsibility

We approach every care interaction with professionalism and accountability for clinical standards and ethical practice.

Continuity

We believe meaningful elderly care extends beyond isolated consultations through regular follow-ups, coordinated support, and long-term care relationships.

Compassion

We combine our professional expertise with empathy, patience, and genuine human concern for the people we serve.

Honour

We believe every older adult deserves care that protects their comfort and independence, and assistance to age with dignity and respect.

Transparency

We communicate openly and honestly about care recommendations, services, limitations, expectations, and next steps.

Family Partnership

We work alongside families as trusted partners, helping them stay informed, involved, and supported throughout the care journey.



Why families choose Shaybah

At Shaybah™, we believe elderly care should be more than appointments, visits, and prescriptions. It should be thoughtful, coordinated, and built around the evolving needs of older adults and their families.

Continuous Care, Not Episodic

Our support extends beyond consultations through follow-ups, progress tracking, family updates, and ongoing guidance, helping care remain connected and consistent.

A One-Stop Elderly Care Ecosystem

Doctors, physiotherapists, nursing support, allied healthcare professionals, care planning, and family guidance, all brought together through one coordinated system.

Flexible Care, Tailored to Real Needs

Our services and packages are designed to adapt to changing circumstances, helping families access the right support without unnecessary complexity.

Supporting Families Near and Far

Whether family members live nearby or across the world, we help them stay informed, involved, and reassured through regular communication and coordinated care.

Dignity with Experience

Meaningful elderly care requires compassion and understanding. Drawing upon years of experience in elderly care, we deliver care that is respectful, thoughtful, and centred around the unique needs of every individual.

At the end of the day, families do not remember packages or consultations. They remember who showed up, who listened, and who genuinely cared.

What we offer



Doctor Consultations



Physiotherapy Support



Nursing Care



Specialist Consultations



Dietitian Support



Psychological Support



Assessments & Care Plans



Ongoing Care Support

How Shaybah Care Works?



Enquire

Speak with our team and share your elder's needs.

Register

Complete basic onboarding

Choose Package

Select suitable package

Care Plan

Receive personalised Care Plan after assessment

Ongoing Support

Follow-ups and coordinated care



Our Packages

Registration

A one-time 15-minute onboarding call.
Helps us understand your loved one's basic details and care needs.
Required before accessing our services.
Includes patient registration and SOLACIA membership.

Cost: ₹ 1,000
Inclusive of taxes
Registration fee waived for the first 50 patients.

The Shaybah Packages

SAKHA

Online Doctor Care

For elders who need regular doctor-led support online.

- Shaybah online assessment
- 3 online doctor consults in first month
- 4 consults/month thereafter
- Family updates & care guidance
- Available across India

Price: ₹4,999 first month
₹4,499/month thereafter

SAHARA

Nursing Care

For elders who need supportive nursing care at home.

Nursing Visit:
less than 1 hour
₹500/visit

Nursing Short Shift:
1–4 hours
₹1,000/shift

Nursing Regular Shift:
6–8 hours
₹1,500/shift

PARIVAAR

Comprehensive and Coordinated Care

For families who need a multi-disciplinary, coordinated elderly care at home.
Includes all features of *Bandhu Home Care,* plus,

- Dedicated support
- 8 flexible sessions across physiotherapy, dietitian, or psychologist services, based on the elder's needs
- 2 Nursing Visits and 2 Nursing Short Shift sessions
- Additional sessions available as required

Price: ₹ 23,999/month

Need help choosing the right package?

Contact us for guidance, enquiries, and bookings. Details are provided on the back cover.

BANDHU

Doctor Services at Home

For elders who need regular doctor visits at home.

- Shaybah home assessment
- 3 doctor home visits in first month
- 4 visits/month thereafter
- Family updates & care guidance
- Available in Thane

Price: ₹7,999 first month
₹7,499/month thereafter

GATI

Physiotherapy Services

For elders who need mobility, balance, pain, or recovery support.

- Home physiotherapy sessions
- Progress-based therapy guidance
- Functional mobility support

Gati Basic: ₹10,999
8 sessions, valid 1 month

Gati Advanced: ₹19,999
16 sessions, valid 2 months

Note: A 5% benefit is available on eligible 3-month bookings. Packages are subject to package inclusions, availability and terms of service.

Need Additional Support?

Because care should not be restricted by package limits.

Additional Support Services are for families who need specific services beyond the main packages, either as standalone care or as add-ons to an active Shaybah plan.

Standalone Services

Services that can be booked independently after registration, even without an active package.

Add-on Services

Extra sessions / consultations added to an ongoing package when the elder's care needs evolve.

Service	Mode	Duration	Standalone	Add-on	Price
Doctor Consultations	Online	30 mins		✔	₹ 1,200
	Home	45 mins		✔	₹ 2,000
Specialist Consultations	Online	45 mins	✔	✔	₹ 3,000
	Home	60 mins	✔	✔	₹ 5,000
Physiotherapy Sessions	Home	variable		✔	₹ 1,500
Dietitian Consultations	Online	45 mins	✔	✔	₹ 1,000
	Home	60 mins	✔	✔	₹ 1,500
Psychologist Consultations	Online	45 mins	✔	✔	₹ 1,000
	Home	60 mins	✔	✔	₹ 1,500
Sahara Nursing Services	Home	variable	✔	✔	as per visit

Important Notes

- Registration is required before accessing any service.
- Additional Support Services may be opted based on assessment, recommendation, family request, or evolving care needs.
- The durations mentioned above are approximate.
- Home services are subject to service-area feasibility.
- All services are subject to professional availability and Terms of Service.
- Emergency and ICU-level care are outside the scope of Shaybah home services.

SOLACIA

Shaybah Online Learning And Communication In Ageing

Your space of wellbeing. Your place of solace.

SOLACIA is a community initiative by Shaybah created for older adults, their families, caregivers, and anyone navigating the journey of ageing.
It is a space to learn, connect, ask questions, share experiences, and support one another through conversations that matter.

Learn

Practical information, insights, and educational resources related to elderly care and healthy ageing.

Connect

Meaningful conversations with people facing similar challenges, experiences, and caregiving journeys.

Support

Guidance, resources and shared experiences, from fellow members that help you feel less alone in caring for older adults.

Grow

A community built around dignity, compassion, understanding, and collective learning.

SOLACIA Membership

Registered Shaybah Patients	Non-patients, family members, and others
Included free with Shaybah Registration	₹499 one-time contribution for lifetime membership

Membership includes access to members-only WhatsApp communities, educational content, community discussions, updates, and future SOLACIA initiatives.

To become a member, contact us using the details on the back cover, or visit shaybah.in

Follow SOLACIA

Public educational content is available on Shaybah's social platforms.
Search **@shaybahservices** or scan the QR code on the back cover.

Because caring for older adults should not be a journey travelled alone.

Associated Care Centres

Years of elderly care experience shaping the philosophy behind Shaybah.

The foundation of Shaybah is built upon years of experience in elderly, palliative, hospice, and long-term care. Through our associated care centres, we have gained valuable insight into the challenges faced by older adults and their families, helping shape the philosophy and approach behind Shaybah.

Companion Healthcare Foundation (CHF)™

Established in 2013

Companion Healthcare Foundation is dedicated to elderly, palliative, hospice, and long-term care for older adults requiring specialised support. With a focus on reliable medical care and quality of life, the centre provides compassionate care within a structured and clinically guided environment.

- Elderly Care
- Palliative Care
- Hospice Care
- Long-Term Support

Address
B-101/102, Subhash Tower, Opp. Maitri Vatika complex, Old Mumbai-Pune road, Parsik Nagar, Kharegaon, Thane, 400605.

Email
companionhealthcarefoundation@gmail.com

Website
www.companionhealthcarefoundation.in

Golden Care™

Established in 2017

Golden Care is a dedicated geriatric care centre focused on delivering personalised care based on the needs and comfort of the older adults. Its family-centred approach combines compassionate support with structured clinical care in a safe and homely setting.

- Elderly Care
- Palliative Care
- Family Guidance
- Comfort Living

Address
A Wing, 1st Floor, New Aishwarya CHS, Goshala Road, Near BMC School, Mulund, Mumbai - 400080.

Email
goldencaremulund@gmail.com

Website
www.goldencaremulund.com

For care centre enquiries
Call / WhatsApp

+91 99303 78427

+91 98191 63683

Join the Shaybah Movement

Shaybah is built on a simple belief: older adults deserve care that is compassionate, coordinated, and reliable. As we build a more thoughtful approach to elderly care, we welcome individuals, professionals, organisations, and partners who share our commitment to serving older adults and their families.

Join Us

As we continue building a more coordinated approach to elderly care, we are always looking for individuals who share our commitment to serving older adults and their families.
Whether you are a healthcare professional, an administrative professional, or simply someone who believes in our mission, we would love to hear from you.
At Shaybah, we value character, commitment, and a genuine passion to make a difference just as much as qualifications and experience. We believe meaningful impact comes from people who care deeply about the work they do and the lives they touch.

Join us by scanning the QR code at the back or visit shaybah.in
Or mail us your interest with supporting documents at: careers@shaybah.in

Partner With Us

Meaningful elderly care requires collaboration.
At Shaybah, we believe no single organisation can address every aspect of ageing on its own. Building a better future for older adults requires healthcare providers, care centres, community organisations, professionals, and service providers to work together.
We are always open to exploring partnerships that help improve the quality, accessibility, and continuity of care for older adults and their families.
If you believe there may be an opportunity to work together, we would be glad to connect.

Partner With Shaybah by scanning the QR code at the back or visit shaybah.in
Or mail us your interest with supporting documents at: partners@shaybah.in

Note: Joining opportunities are subject to organisational needs, vacancy availability, eligibility criteria, and hiring capacity. Partnership proposals are reviewed based on feasibility, organisational needs, and company capacity.

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A Note to Families

Caring for an ageing loved one is one of life's most meaningful responsibilities, but it can also be one of its most challenging.

No family should have to navigate ageing alone.

Our promise is to support older adults with dignity, guide families with clarity, and provide compassionate, dependable care when it matters most.

Not as a formality. As family.

With warm regards,

Dr. Sarosh Lambate, MBBS
Founder & Managing Director

Get In Touch

For enquiries or bookings

Call / WhatsApp	**+91 99671 66377**
Email	**contact@shaybah.in**
Website	**shaybah.in**

Business Hours

Enquiries:
Monday - Friday,
9:00 AM - 5:00 PM

Service Delivery:
All days,
7:00 AM - 11:00 PM
with prior booking

Service Availability

Home services:
Thane, Maharashtra

Online services:
Across India

Coming soon:
Mumbai, Pune

linktr.ee/shaybah

Scan to connect with Shaybah

Enquire, book a service, join SOLACIA, apply, partner, or access all important links.

Note: Shaybah is not an emergency or ICU-level care provider. In case of medical emergency, please contact local emergency services or visit the nearest hospital. Services are subject to location, professional availability, operational feasibility and applicable Terms of Service.