

ParentCare at Home, Lahore

For Pakistani families living abroad

Situation

Your Parents Are in Lahore. You're Thousands of Miles Away.

You can't always be there. We can.

Doctor-led Parent Care at Home for older parents living in Lahore — giving your parents professional health support and giving you peace of mind, wherever you live.

The problem

When your parents live in Lahore and you live in Dubai, Riyadh, London, New York or elsewhere, a phone call can tell you only so much.

They may say, “We're fine.” But are they taking their medicines correctly? Are they becoming less active? Have they fallen? Is their blood pressure or diabetes under control? Has their appetite or weight changed? Are they having breathing issues?

What ParentCare does

- Comprehensive health assessment at home
- Regular health monitoring and follow-up
- Medication review and reconciliation
- Mobility and falls-risk assessment
- Nutrition, hydration and lifestyle guidance
- Support for common chronic conditions
- Care planning and coordination with other professionals
- Agreed updates for family members living abroad

Why families choose ParentCare

- Doctor-led rather than an ordinary home-attendant service
- Designed for families separated by distance
- Focused on prevention, healthy ageing and independence
- Care in the familiar surroundings of home
- Professional coordination when physiotherapy, dietetics, investigations, specialists or hospital care are needed

How it works

1. Contact us and tell us about your parents.
2. Initial Parent Health Assessment at home.
3. Personalised care plan.
4. Agreed follow-up, monitoring and coordination.
5. Family updates so you remain involved from abroad.

Text with the message “PARENTS” on WhatsApp: +92-336-433-4425

ABOUT PARENTCARE

Why ParentCare was created

As parents grow older, their health needs can become more complex while their sons and daughters may be thousands of miles away. ParentCare was created to bridge that gap.

The aim is not to take over your parents' lives or make independent older people dependent. The aim is to provide professional oversight, practical support and continuity while helping them remain active, safe and independent at home.

A doctor-led approach

ParentCare is built around clinical assessment, prevention and continuity rather than simply providing someone to sit with a parent or accompany them to appointments.

Our philosophy

- Prevent problems where possible.
- Identify important changes early.
- Support independence rather than unnecessary dependence.
- Treat the whole person, not just individual medical conditions.
- Keep the family appropriately informed.
- Coordinate with other healthcare professionals when needed.

Your parent remains at the centre

We respect the parent's choices, dignity, privacy and independence. The family abroad is included according to the parent's consent and the agreed communication plan.

PAGE 3 — SERVICES

Comprehensive Parent Health Assessment

The first assessment establishes a clear picture of your parent's current health and everyday function.

- Medical history and current concerns
- Medication reconciliation
- Appropriate health measurements
- Mobility, function and falls risk
- Nutrition, hydration and weight
- Lifestyle and activity
- Relevant emotional and social wellbeing
- Home safety considerations
- Preventive health priorities

A practical care plan is developed and issues needing further medical attention or referral are identified.

Regular Health Monitoring

Regular reviews help track changes rather than waiting until a problem becomes a crisis.

- Symptoms and health concerns
- Relevant chronic conditions
- Medication review
- Mobility and activity
- Nutrition and weight
- Care-plan progress
- Referral or escalation when appropriate

Medication Review

We review medicines being taken, adherence and practical problems, and identify issues that may need discussion with the prescribing clinician or pharmacist.

Mobility & Falls Prevention

We assess mobility, balance, walking aids, home hazards and other relevant risks, and can coordinate physiotherapy when appropriate.

Nutrition & Healthy Ageing

We assess appetite, weight, hydration, diet and activity and can involve a dietitian when needed.

Care Coordination

ParentCare complements existing doctors and can coordinate with specialists, physiotherapists, dietitians, laboratories and hospitals when appropriate.

PAGE 4 — HOW IT WORKS

Step 1 — Tell us about your parents

Start with a short Parent Health Call. Tell us their ages, location, health conditions and your concerns.

Step 2 — Initial home assessment

We arrange a comprehensive assessment considering health, medicines, mobility, nutrition, lifestyle, safety and independence.

Step 3 — Personalised care plan

You receive a practical plan with priorities, follow-up and referrals where appropriate.

Step 4 — Ongoing monitoring

Depending on the package, we provide regular home reviews and monitoring tailored to your parent's needs.

Step 5 — Family communication

We agree with the parent and family what information should be shared, how often and with whom.

What happens if we find a problem?

If a concern is identified, we discuss it with the parent and, where authorised, the nominated family member. Depending on the situation, we may recommend a doctor, investigation, specialist, physiotherapy, dietetics or hospital care. Urgent or life-threatening problems require emergency medical care and should not wait for a routine visit.

PAGE 5 — MEMBERSHIP & PRICING

Essential ParentCare — PKR 25,000–35,000/month

- Essential health monitoring
- Regular scheduled review
- Medication and health-concern review
- Agreed family communication

Complete ParentCare — PKR 40,000–60,000/month

- Regular doctor home review
- Chronic-condition monitoring
- Medication review
- Mobility and falls review
- Nutrition and lifestyle review
- Care-plan monitoring
- Family updates
- Care coordination when needed

Premium ParentCare — PKR 75,000–120,000/month

- Enhanced frequency of professional oversight
- Priority support
- More intensive care coordination
- Multidisciplinary input when appropriate
- Enhanced family communication

Prefer individual visits?

- Initial comprehensive Parent Health Assessment: PKR 30,000–40,000
- Follow-up doctor home review: approximately PKR 18,000–20,000
- Physiotherapy and dietitian services: quoted separately

Prices may vary according to location, complexity and services included. Third-party investigation, medication, specialist and hospital costs are separate unless specifically stated.

Why membership?

Ageing is a process, not a single appointment. Membership provides continuity, makes gradual changes easier to notice and gives families a consistent professional point of contact in Lahore.

PAGE 6 — FOR CHILDREN LIVING ABROAD

You don't have to manage everything from another country

You may be working full-time, raising children and managing your own responsibilities. You still want to know that your parents are doing well. ParentCare gives you a professional local point of contact for planned health oversight.

Questions many overseas children worry about

- Are my parents taking their medicines correctly?
- Is their blood pressure or diabetes controlled?
- Are they becoming less mobile?
- Have they fallen or become unsteady?
- Are they eating and drinking properly?
- Are they becoming increasingly breathless or tired?
- Are they managing safely at home?
- Who will notice if something changes?

ParentCare helps answer these questions

You remain your parent's son or daughter. We do not replace that relationship. We provide the local professional support that distance makes difficult.

BOOK A FREE PARENT HEALTH CALL — WhatsApp +92 336 4334425 — Message "PARENTS"

PAGE 7 — FAQ

Is ParentCare a home nursing service?

No. It is a doctor-led health monitoring and care-coordination programme. Nursing, physiotherapy, dietetics and other services can be coordinated when appropriate.

Does my parent need to be ill?

No. It is particularly suitable for independent or semi-independent older adults who want ongoing health oversight and healthy-ageing support.

Can you manage my parent's medicines?

We can review medicines, adherence and practical concerns. Changes to prescribed medication should be made by the appropriate prescribing clinician.

Will you send me updates?

Yes, according to an agreed communication plan and the parent's consent.

Can you take my parent to hospital?

ParentCare is not an emergency transport service. If hospital care is needed, appropriate arrangements will be recommended or coordinated where possible.

Can you arrange physiotherapy or dietitian support?

Yes, when appropriate. Their fees are separate unless included in a specific package.

What if my parent already has a family doctor?

ParentCare can complement existing medical care through structured home-based monitoring and coordination.

Can I use the service without membership?

Yes. Individual assessments and follow-up visits are available.

Is this an emergency service?

No. Urgent or life-threatening conditions require appropriate emergency medical services or hospital care.

Where is it available?

The initial service is focused on parents living in Lahore.

PAGE 8 — CONTACT

Your parents are in Lahore. You don't have to feel helpless from abroad.

You can't always be there. We can.

If you are concerned about your parent's health, independence, medicines, mobility or general wellbeing, start with a simple conversation.

Book a free Parent Health Call

Tell us about your parents and what is worrying you. We will explain how ParentCare works and whether it may be appropriate.

WhatsApp: +92 336 4334425

Message “PARENTS”

Suggested enquiry form

- Your name
- Country/city where you live
- Parent's name and age
- Parent's area in Lahore
- Main health conditions
- Main concerns
- Best WhatsApp number
- Preferred time for the Parent Health Call

Important

ParentCare is a planned home-based health support programme. It is not a substitute for emergency services, hospital care or specialist treatment when required. Scope, consent, communication and fees are agreed with each family.

ParentCare at Home, Lahore | Doctor-led care. Peace of mind for you. Better health for your parents.

WhatsApp: +92 336 4334425