



Every Monday – 9AM to 2PM
Sunnyside Community Services
 43-31 39th Street
 New York, NY 11104
 Train: 7 train – 40th St/Lowry St
 Bus: Q60, Q32

Every Thursday – 10AM to 1PM
Queens Community House
 80-02 Kew Gardens Road 2nd Floor
 Kew Gardens, NY 11415
 Train: E/F train – Union Tpke
 Bus: Q10, Q37, Q46, Q60

Mondays, Wednesdays & Thursdays – 9AM to 2PM
Desi Senior Center
 85-37 168th Street
 Jamaica, NY 11432
 Train: F train – 169th Street
 Bus: Q17, Q30, Q31, Q43, Q65

India Home Inc.
Case Management: Call 917.862.0514 for appointment

178-36 Wexford Terrace, Suite #203
 Jamaica, NY 11432
 Phone: 917.288.7600 | Fax: 718.425.0891
www.indiahome.org | info@indiahome.org



India Home:
 Meet the Experts
 in Caring for South
 Asian Seniors

The mission of India Home is to improve the quality of life of vulnerable South Asian older adults through social services.

"I never talked or sang or danced until I came to India Home." Bharat Shah, member since 2009
"India Home keeps us busy and in flow with the world." Shireen Mansur, member since 2009

South Asian immigrant elders are among the fastest growing group of seniors in New York City. Many of South Asian elderly immigrants cannot access mainstream senior services because they cannot speak English well, their religion or culture restricts them from eating certain foods, they are unfamiliar with the transportation system, and may not have access to financial resources. Oftentimes, South Asian seniors are new to this country and find it difficult to understand American systems. As a result, South Asian elders are socially isolated, suffer from loneliness, and cannot access the services they need.

We're the leading nonprofit in New York City serving South Asian seniors

Started in 2008, India Home works with Bangladeshi, Indian, Indo-Caribbean, Pakistani and other South Asian elders with senior center programs, recreational activities, case management, advocacy, and awareness campaigns. Our members are Buddhist, Christian, Hindu, Jain, Jewish, and Muslim. We have dedicated, dynamic, and multi-lingual staff who facilitate our programs. We provide support in Hindi, Urdu, Gujarati, Bengali, Malayalam, and Telugu. India Home partners with mainstream senior centers, hospitals and universities, houses of worship, community based organizations, and large nonprofits to provide the best services to our members

HEALTH & WELLNESS PROGRAMS

- Partnerships with New York University, Memorial Sloan Kettering Cancer Center, and other hospitals
- Yoga and exercise classes
- Ayurveda and meditation classes
- Nutrition education
- Medical education

CONGREGATE MEAL PROGRAM

We provide culturally appropriate Halal, Hindu vegetarian, and Jain vegetarian meals across our program sites.

CREATIVE AGING

- Painting Classes
- Writing Workshops
- Dance Classes
- Museum Programs

COMMUNITY EDUCATION

- Legal and financial literacy classes
- Discussion groups
- Citizenship and immigration
- Elder abuse workshops

CASE MANAGEMENT

- Benefits enrollment
- Citizenship assistance
- Referrals to social & medical services
- Insurance issues
- Support services

ADVOCACY PROGRAMS

We regularly testify at City Hall and with local elected officials, participate in large advocacy coalitions, and present at conferences to advocate for more services and resources for vulnerable immigrant older adults.

AWARENESS CAMPAIGNS

We feature the stories of our members in mainstream venues such as the New York Times, Columbia University, and AARP to bring greater awareness about South Asian seniors.

