



**NAMAN
CARE HOME**
caring with a heart

CARE HOME & REHABILITATION · KATHMANDU

Caring with a heart

24-hour nursing

Near Gangalal & Neuro Hospital

Physiotherapy & rehab

Memory & elderly care



When home needs more hands, ours are here.

Stroke and trauma rehabilitation, post-hospital recovery, and 24-hour elderly care — at our Pipalbot (Maharajgunj) and Bansbari branches.

2018
ESTABLISHED

2
BRANCHES

13
SERVICES

Not a place to be left behind, but a home with more hands.

Naman is a residential care home and rehabilitation centre in Kathmandu. Since 2018 we have cared for older adults and for people recovering from stroke, injury and long illness — with trained nurses on every shift, every night.

Naman was built for the families who told us home was no longer enough — a place with medical care, complete support and comfortable living, where your loved one never feels alone.

Our promise: a written care plan from day one, honest conversations, and a nurse who is always a call bell away.



24/7 Nursing Care

Trained nurses on every shift, every night.



Expert Professionals

On-site doctors, dietician, physiotherapists registered with the NHPC, and speech therapists.



Personalised Care Plans

A written plan for each resident from day one — one you can read.



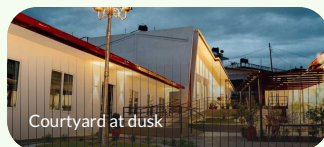
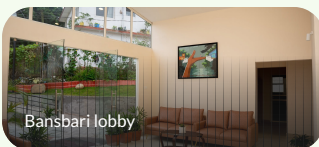
Family Involvement

Open visits, regular updates, and video calls for families abroad.



Emergency Support

Minutes from Gangalal and Neuro Hospital — with nurse-escorted transport for hospital visits.



Care that heals. Support that stays.

Structured recovery after a stroke, brain or spine injury, or trauma — with therapy, nursing, and time. Physiotherapy sessions run 45–60 minutes; after a stroke we start at 6–7 sessions a week.



Physiotherapy session, Naman treatment room



Post-Stroke Rehabilitation Care

A stroke changes everything at once — for your loved one, and for your family. Daily physiotherapy, speech therapy and nursing in one place, with a plan that is reviewed as your loved one progresses.

TYPICALLY 4–12 WEEKS • LONGER WHERE NEEDED



Brain & Spine Rehabilitation Care

After a brain or spine injury, the path forward is rarely straight. We combine physiotherapy, positioning and pressure-care nursing so that recovery is steady and safe.



Trauma Rehabilitation Care

Recovery from a serious accident is not only physical. Whole-person recovery after accidents, falls or serious injury — physiotherapy, nursing, and emotional support.



Physio gym at both branches — treadmill, parallel bars, standing frame, exercise balls, weights, IFT and ultrasound. Our physiotherapists are registered with the Nepal Health Professional Council (NHPC), and read the same shift notes as the nurses and doctor.

“The physiotherapy team here is honest about progress. They celebrate small wins and are patient on the hard days. My father is walking again — slowly, but on his own.

Kanchan Gurung • Physiotherapy & rehabilitation



Garden time at Pipalbot

Growing older well is a mix of small daily things.

A warm meal, a walk in the garden, someone to talk to, help with medicines. Steady, patient support — in a home your loved one can settle into.



Alzheimer's & Dementia Care

Dementia care is patience, mostly. That patience is not a technique; it is the culture of our staff. Long-term residence, or respite stays to give family caregivers rest.



Chronic Illness Care

Chronic illness is a long conversation, not a single event. Long-term care for diabetes, heart disease, respiratory conditions and other chronic illnesses.



Post-Hospitalization Care

The hardest week is often the first week home. Same-day admission from hospital discharge is nearly always possible.

TYPICALLY 1-6 WEEKS



Day Care

For families who want their loved one to sleep at home, but cannot leave them alone all day. Daily or a few days a week — start with a trial day.

A DAY AT NAMAN

7:00

Morning tea, newspaper & walk

9:00

Medication & nursing care

10:30

Lunch

12:00

Physiotherapy

1:00

Fruits

2:00

Recreational activities

3:00

Snacks

5:00

Evening walk & rest

7:00

Dinner

10:00

Night rounds

“The way the nurses speak to our mother — with respect, in her own language — reassured us. We visit often and she is always calm.

Omphi Maya Rai • Dementia & memory care

Therapies that talk to each other.

At Naman, the physiotherapist reads the same shift notes the nurse wrote and the doctor rounded on — so the plan for the afternoon is the plan everyone knows. For residents and for outpatients.



Treatment room — therapy tables and IFT

Physiotherapy

Patient work. 45–60 minute sessions, for residents and outpatients.

Speech Therapy

Words after a stroke; safe swallowing after illness.

Acupuncture

Alongside modern medical care, for chronic pain, stress and poor sleep.

Laboratory Service

On-site lab — fewer trips out, same-day results for daily care.

Medical Escort Service

Nurse-escorted travel to hospital appointments, scans and procedures in Kathmandu. Book by the visit.

What our nurses manage

FOR REFERRING CLINICIANS

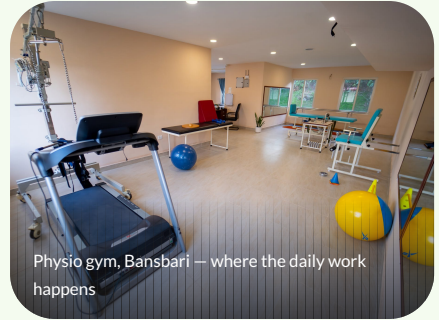
- ✓ Pressure sore care and wound dressings
- ✓ Urinary catheter care
- ✓ Ryle's tube and PEG feeding
- ✓ Tracheostomy care and oxygen support
- ✓ Consulting physician rounds on alternate days, on call for concerns
- ✓ HCU beds: continuous vitals monitoring, oxygen and suction at bedside, higher nurse-to-resident ratio
- ✓ Family updates every shift

The HCU is a higher-care unit, not an ICU. Discharge summary, medication list and investigation reports let us admit within a day or two — same-day from hospital discharge in most cases.

We respect each resident's language preference, with communication in Nepali, English or other languages when needed, so residents and families feel comfortable, understood and well supported. Monthly itemised bills are provided, with no direct insurance billing. All services and charges are clearly explained and documented before admission.

The Recovery Journey at Naman.

Recovery is not a straight line, but it has a shape. This is what families usually see — and when.



1

DAY 1-3

Assessment & your care plan

Our doctor and lead nurse assess your loved one on arrival and write a care plan you can read.

You see: a printed plan and a face-to-face conversation the same day.

2

WEEKS 1-2

Stabilise

Medicines, meals, sleep and pain settle into a routine. **You see: fewer bad nights. A rhythm starting to hold.**

3

WEEKS 2-12

The golden window — daily rehabilitation

Physiotherapy every day, speech therapy where needed, and nursing that keeps the body ready for it. **You see: the first walk. The first full sentence. The first laugh in weeks.**

4

MONTHS 3-6

Regaining independence

Dressing, eating, walking to the garden — with less help each week. **You see: a loved one who wants to try things again.**

5

GOING HOME

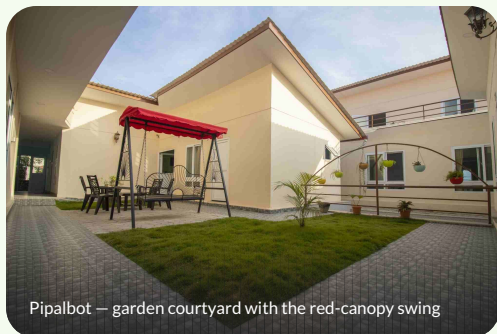
Going home — with a plan

Medicines, exercises and follow-up visits are written down and walked through with the family before the day. **You see: a calm handover, not a discharge.**

“What we found here was not just nursing — it was patience. The staff learned her routines, her likes, her way of being. That mattered to us more than we can say.

Son of Sumitra Ama · Post-stroke rehabilitation, Pipalbot

Two branches, same standard.



Pipalbot — garden courtyard with the red-canopy swing



Bansbari (Block 2) at blue hour

OUR FIRST HOME · SINCE 2018

Pipalbot, Maharajgunj

Sallaghari Marg, behind Gangalal Hospital, a short walk from Neuro Hospital.

Tel 01-4017112

- Old-age-friendly building — ramps, wide corridors, grab-rails
- Garden and veranda, in-house kitchen
- On-site physiotherapy · HCU beds
- Transport for hospital visits

BLOCK 2 · OPENED AFTER PIPALBOT FILLED UP

UP

Bansbari

Opposite Ripumardini Sainik School — 500 m from Gangalal and 500 m from Neuro Hospital.

Tel 01-5902240

- Adjustable care beds, home-style rooms
- Private rooms with family space
- Bright double-height lobby, physio gym
- In-house kitchen · transport for hospital visits

ROOMS & WHAT'S INCLUDED

Visiting hours 11:00–16:00 · video calls for families abroad



General Ward

Shared, 2–3 or 4–6 beds. Pressure-relief mattress, bedside locker, reading light, shared cupboard, attached common washroom.



Cabin

Private single room with attached bathroom, wardrobe and a family chair.



HCU

Continuous vitals monitoring, oxygen and suction at bedside, higher nurse ratio. Pipalbot.

Every room includes: 24-hour nursing on-call, doctor rounds on alternate days, three meals and two snacks, medications, basic wound dressing (medical, surgical, bed sore), basic physiotherapy, laundry and housekeeping. Rehabilitation physiotherapy, speech therapy, specialist consultations and investigations are charged separately. All applicable services and charges are clearly explained and documented in writing prior to admission.

COME WALK THROUGH OUR HOME

Talk to us.

Every question is worth asking. Call, WhatsApp, or send a short note — one of our nurses will get back to you. We answer 24 hours a day.

CALL / WHATSAPP

+977-9851198668



Scan to WhatsApp

Opens a chat with our nurses

PIPALBOT

01-4017112 · Sallaghari Marg, Maharajgunj (behind Gangalal Hospital)



Map

BANSBARI

01-5902240 · Opposite Ripumardini Sainik School ("Naman Care Home Block 2")



Map

EMAIL · WEB

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namancarehome.com/np

SOCIAL

facebook.com/namancarehome · instagram.com/namancarehome ·
youtube.com/@namancarehome7076

HOW ADMISSION WORKS

1. Call or WhatsApp — a nurse spends 10–15 minutes understanding the situation.
2. Visit in person, or by video call for families abroad.
3. Admission usually within a day or two once documents are ready — same-day from hospital discharge is nearly always possible.

Bring: citizenship or passport, recent discharge summary, current medication list, and any investigation reports.

Visiting hours 11:00–16:00 · video calls for families abroad.



Family visit at Naman