

January 2026

The meaning of elder care in 2026



While we often say that our care remains the same as years change, the reality is more nuanced. At Epoch Elder Care, care is designed to evolve, as our understanding of ageing, pathology, health, care practices, and human needs continues to deepen.

The evolving landscape of dementia care

2025 has been marked by meaningful progress and many success stories and encouraging care outcomes. With our care plans being reviewed and refined every quarter for each elder, guided by their condition, preferences, and lived experience.



This ongoing evolution is not limited to clinical inputs alone; it reflects a broader commitment to learning, adaptation, and accountability.

Understanding Gender differences in dementia diagnosis

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The Landscape of Elder Care: Insights from Our CEO

Our CEO and Co-founder featured in a Podcast by Canara HSBC Life Insurance, where she spoke about how caregiving is not one-size-fits-all. There are distinct differences in how dementia presents and progresses in women and men, from

onset to care needs, and responsible care must recognise and respond to these differences.



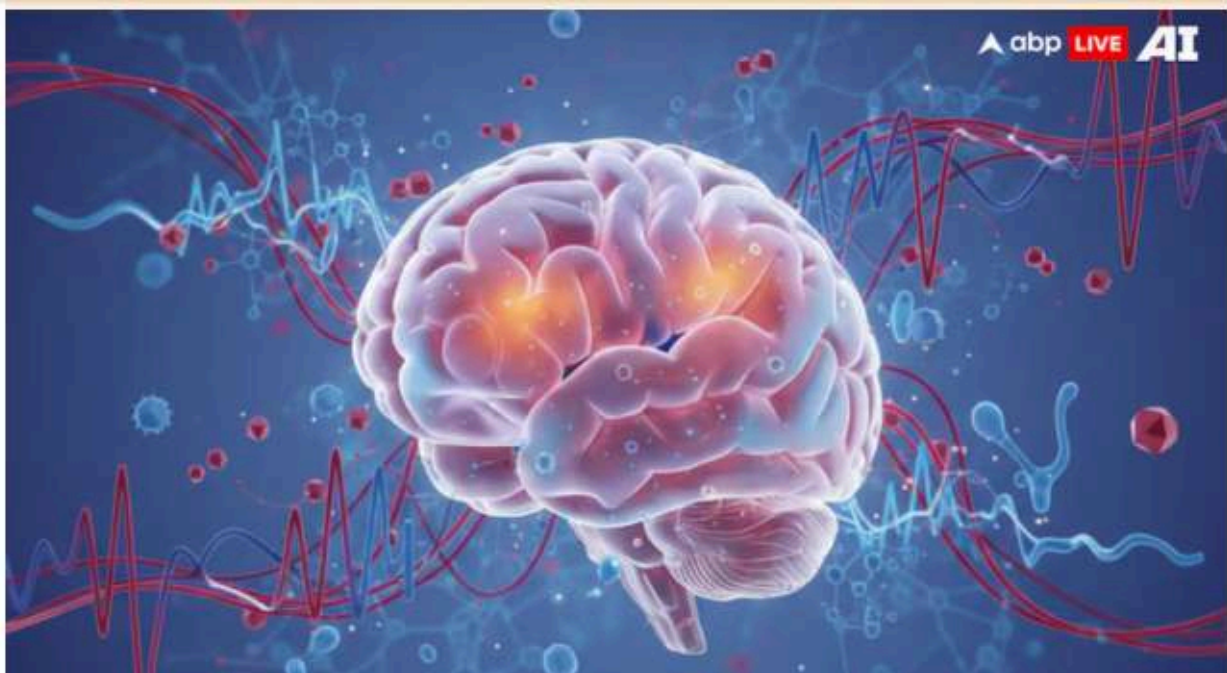
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Adapting Care to Seasonal Changes

Similarly, seasonal changes can significantly influence an elder's physical comfort, emotional state, and behaviour. These shifts also shape the challenges caregivers face, requiring care approaches that are responsive, anticipatory, and multifaceted.



Winter fatigue and low mood can worsen memory, attention, and daily functioning in elders with dementia. Know how seasonal changes affect cognition and overall well-being.

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How Dementia Care Is Being Reimagined in 2026



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The Epoch Commitment

The Core of Our Care: Honouring Individuality

Epoch's commitment is to deliver holistic, person-centred care that honours each elder's routines, preferences, histories, and individuality. Our care systems are informed by global best practices and grounded in everyday human connection, so that elders feel safe, respected, and truly at home. One way we create this home is with the warmth of festivals, as our elders participate in decorating, celebrations, and the joy of everyday life.



Defining the Epoch Approach: Intentional Efforts, Lasting Impact

Now that 2025 has come to an end, we welcome the new year with parties and barbecues. We also reaffirm our promise to continue evolving, thoughtfully and responsibly, believing that meaningful care is built through small, intentional efforts that lead to lasting impact. The balance we



create between structured care and the preservation of identity is what defines the Epoch approach.

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