

GOLDEN YEARS GO LUXE

Retirement is getting a luxury upgrade as seniors swap isolation for wellness, friendships, healthcare & peace of mind

Bindu Gopal Rao

When Kiran Kumar retired from his IT job, he decided to move into a senior living community in search of a secure and comfortable home.

“But what I found was an active community. My days are filled with fitness sessions, conversations with neighbours, cultural activities, and the reassurance that healthcare support is available whenever needed. It has given me the freedom to live independently without feeling isolated,” he says.

Kiran's experience reflects a quiet but significant shift in how retirement is being reimagined. Forget the image of lonely old-age homes. Bangalore's retirees are rewriting the rulebook on life after 60, choosing vibrant senior living communities where independence comes with fitness sessions, lively neighbours, healthcare on call and a packed social calendar.

What was once seen as a last resort is now fast becoming a lifestyle choice for financially secure seniors seeking comfort, safety and freedom without compromising their individuality.

Developers are responding with thoughtfully designed communities in the city's greener outskirts, complete with wellness spaces, future-ready homes and easy access to medical care. Many projects are even bringing generations closer by combining senior residences with family housing, allowing parents and children to stay connected while enjoying their own space.

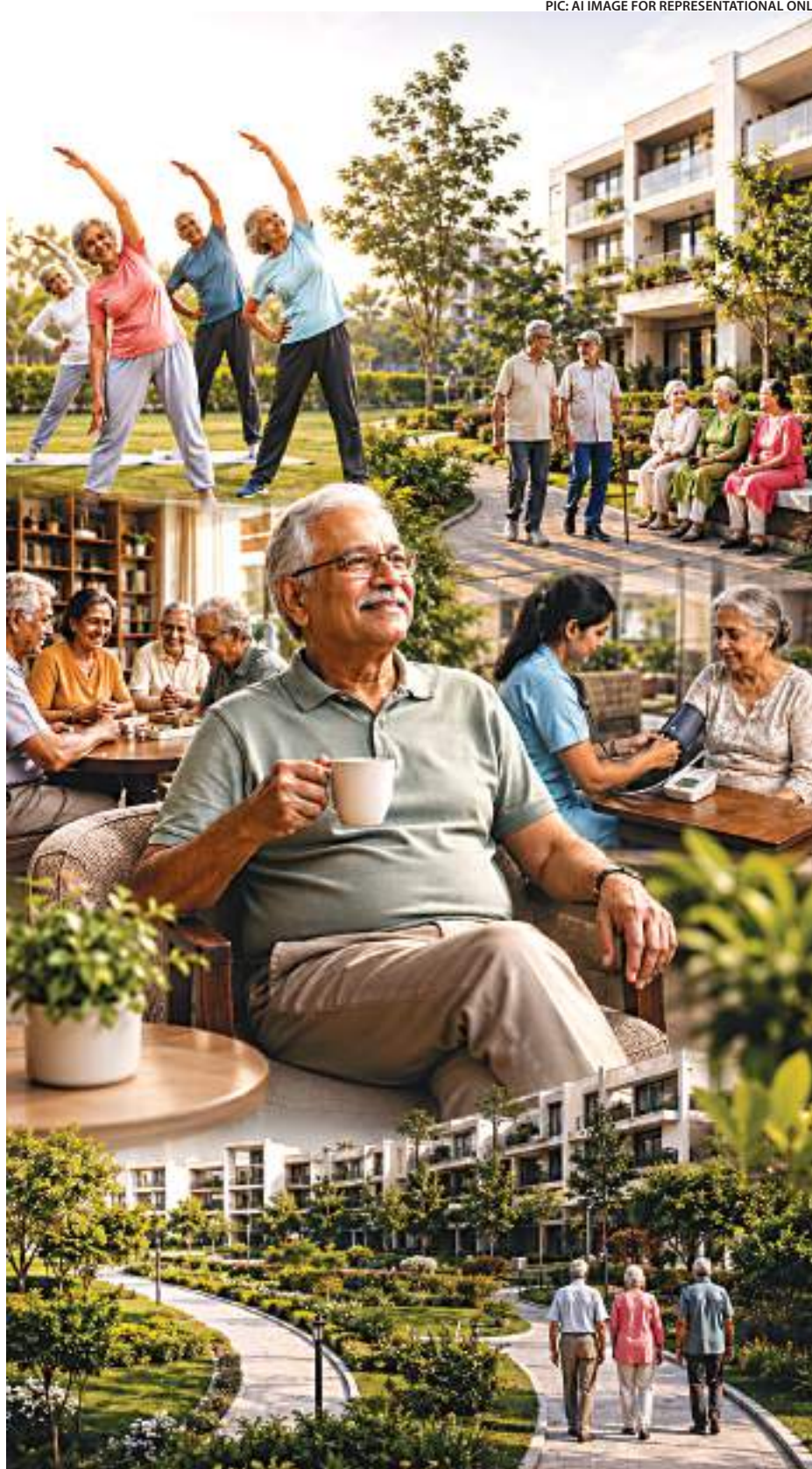
As India's ageing population grows, the focus is shifting from simply adding years to life to ensuring those years are active, dignified and filled with purpose.

Luxe homes

The demand for retirement communities has evolved. Traditional “old age homes” are giving way to luxury independent living. Seniors are now actively choosing communities that offer safety, independence, hospitality, healthcare access, social engagement, and a sense of belonging.

It is no longer about moving somewhere because one is dependent; it is about choosing an environment that helps people age actively, confidently and with dignity.

Santhosh Kumar, Vice Chairman, AN-AROCK Group avers, “The perception of retirement housing has changed, especially after Covid-19. Increasingly, seniors and their families look for independent living products driven by lifestyle and top-notch services. To offer such facilities at scale, developers with the needed expertise and it does take very specific expertise in a residential-hospitality-medical-driven format like senior living launch such facilities in the



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peripheries because they offer larger land parcels and better pricing, and the cleaner air and quieter surroundings.”

Location love

Developers increasingly focusing on peripheries like Devanahalli, Kanakapura Road, and Mysore Road over central locations. Adarsh Narahari, Founder & Managing

Director, Primus Senior Living, says, “It is a combination of land availability, cost, and quality of life, but the larger driver is the ability to create the right environment for seniors. Senior living cannot be designed like a regular apartment block. It needs larger open spaces, landscaped areas, walking tracks, wellness zones, medical access, community spaces and lower-density planning.”

These are difficult to achieve in dense central locations. “Peripheral micro-markets also offer cleaner air, lower noise, better planned layouts and improving connectivity. For seniors, the goal is not to be isolated from the city, but to live in a calmer, healthier environment while still remaining connected to family, healthcare and urban

conveniences,” adds Narahari.

Future ready homes

Homes are also becoming more future-ready, with features such as step-free access, anti-skid flooring, grab rails, wider doorways, emergency response systems, lower counter heights and smart safety solutions becoming essential design considerations.

D. Kishore Reddy, CMD, Mana Projects, explains, “Senior living in India is no longer about retirement, it's about redefining the next chapter of life. The conversation has moved beyond traditional old-age homes to thoughtfully designed communities that promote independence, wellness, and meaningful social engagement. Today's seniors are healthier, more active, and are looking for homes that enable them to live on their own terms while remaining connected to their families and communities.”

Increasingly, technology-led monitoring and emergency response systems are also becoming important. The idea is simple: design should reduce anxiety, prevent avoidable accidents, and allow seniors to live independently for as long as possible.

Family connect

Senior living home projects are blending senior housing with multigenerational residential towers to keep families connected. Many families want their parents to be independent, but not far away. Integrated townships and mixed communities allow seniors to live in a purpose-built environment while remaining close to their children and grandchildren.

“It creates a healthy balance between proximity and privacy. Seniors get the specialised infrastructure, services, healthcare support and community life they need, while families continue to stay emotionally and physically connected. This model is especially relevant in India, where family bonds remain strong, but lifestyles and living patterns are changing,” says Narahari.

Healthcare matters

India's ageing population is growing rapidly, but the country's eldercare ecosystem is still largely centred around hospitals or home-based care, leaving a significant gap for seniors who require ongoing medical supervision and nursing care without the intensity of hospitalisation.

“Assisted living and skilled nursing facilities are increasingly addressing this need by combining residential care with full Nursing support. The focus is no longer just on accommodation, but on enabling healthy ageing through personalised, geriatrician-led care. Skilled nursing facilities (SNFs) bring together 24x7 skilled nursing care, medical supervision, specialised rehabilitation, memory and dementia care, post-hospitalisation recovery, palliative and respite care, and emergency support, enabling seniors to age safely and independently,” says Dr. Neelesh Kumar Kota, Geriatrician, Geri Care.

The future of senior living lies in creating communities where elders can age with dignity, independence, and continuity of care, rather than moving between home and hospital. And as Bangalore grows older, retirement is shedding its quiet stereotype. For a new generation of seniors, the golden years are no longer about slowing down, but living life on their own terms.

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