Who supports the people we love *when we can't be there?*

Saheli.ca is a Canadian-founded platform that connects families with independent companions who understand their loved one's language, culture and family values, for everyday, non-medical support at home.

1 INTRODUCING SAHELI

Saheli's mission is to help people remain independent, connected and supported in the comfort of home.

Families use Saheli to find a companion for a parent, a partner or anyone they care for, chosen for the language they speak, the food they cook and the traditions that already feel like home. Technology helps make the connection; people build the relationship.

Saheli serves families in Ontario today and is built to grow with multicultural communities across Canada.

2 THE NEED SAHELI ADDRESSES

Many Canadians are balancing careers, children and responsibility for an aging parent or another loved one, often without being able to be there every day.

For many families, finding support goes beyond finding someone who is available. It means finding someone who can talk comfortably in the person's own language, understand their culture and routines, and help them stay connected and independent at home.

3 HOW THE PLATFORM WORKS

Families search for companions by location, language, community and the support they need, read profiles, message companions directly and book visits.
Search → Connect → Book → Build a relationship

Companions are independent. They apply, and the Saheli team reviews every profile before it appears to families. Companions set their own rates and choose the families they work with.
Join → Get reviewed → Find opportunities → Make a difference

Both sides choose: nobody is assigned automatically. Each companion's rate is shown on their profile before a family books.

4 NON-MEDICAL SERVICES

Companionship

Conversation, walks, games and familiar routines, in a shared language.

Meal preparation

Everyday meals cooked at home, to the taste the household is used to.

Errands & grocery shopping

Groceries, parcels and household errands, done for the person or alongside them.

Light housekeeping

Everyday tidying, laundry and dishes that keep a home comfortable.

Accompaniment

A companion **goes with** the person to appointments, errands and visits.
Companions never drive: the family arranges the ride, or they travel together by transit, taxi or rideshare.

CARE, NOT HEALTHCARE

Saheli provides non-medical companionship and everyday support only. It is not a regulated healthcare service and does not replace doctors, nurses, personal support workers, home-care agencies or emergency services. Companions do not provide medical, nursing or personal care, lift or transfer anyone, or manage medication.

5 LANGUAGES AND CULTURAL FAMILIARITY

Language is part of how families find a companion on Saheli, not an afterthought. Being able to talk naturally, and sometimes to share a culture, its food, traditions and family dynamics, can make everyday support feel completely different. Families can currently search for companions who speak:

English · French · Hindi · Punjabi · Urdu · Gujarati · Bengali · Tamil · Tagalog · Arabic · Farsi · Swahili · Spanish · Portuguese · Italian · Polish · Russian

The languages companions on Saheli speak today. The list grows as more companions join.

STORY IDEAS FOR EDITORS AND PRODUCERS

The sandwich generation
Families balancing work, children and the care of a parent.

Care in a familiar language
Why language and culture shape how support feels at home.

Staying independent at home
Everyday help that keeps people connected to their community.

Technology that connects, people who care
A platform that makes the introduction, then steps back.

A Canadian founder's response
Why Saheli was built, and for whom.

AT A GLANCE

WHAT	A platform connecting families with independent companions for non-medical support at home
FOUNDED	In Canada, by Gautam Dubey
WHERE	Serving families in Ontario today, built to grow across Canada
WHO IT HELPS	Families supporting aging parents, older adults living independently, newcomers and multicultural households
LANGUAGES	17 languages spoken by companions on Saheli today
COMPANIONS	Independent, reviewed by the Saheli team, setting their own rates

6 THE STORY BEHIND SAHELI



"I built Saheli looking for the right support for my mother. Today, my own family is experiencing what I hoped Saheli could make possible for other families."

— Gautam Dubey, Founder, Saheli.ca

Gautam Dubey | Founder, Saheli.ca

Saheli was inspired by a personal family experience. As my mother, now over 85, continued to live independently, our family struggled to find everyday support that understood not just her practical needs, but also her language, food preferences and cultural traditions.

Although we arranged home-care assistance, we realized that finding help and finding someone who truly understood her were two different things.

The idea for Saheli came during a family vacation, over coffee with my son. As we discussed the challenges our family faced, he suggested that with my more than 35 years of IT experience, I could build a platform connecting families with companions who understand their loved ones' language and culture.

That conversation became Saheli.

Today, my mother has one companion who helps with meal preparation, light housekeeping, medication reminders, arranging TransHelp transportation and accompanying her to appointments for translation and communication. The companion communicates with our family daily in both English and my mother's language, keeping us informed of updates and any concerns.

For our family, this has meant more than finding help. It has meant finding someone who respects my mother's independence and helps her feel understood.

Saheli is built on a simple belief: people deserve companionship and everyday support that respects who they are, where they come from and the language and culture that make them feel at home.

7 MEDIA CONTACT

For interviews, background or images, please get in touch. Our founder is happy to discuss the inspiration behind Saheli and the challenges families face when finding culturally familiar support.

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Care That Feels Like Family.