

Diaspora Anxiety: Thousands of NRIs return from their summer trip to India under a cloud of gloom.

The annual visit home, daily interactions with parents and first-hand experiences create 'worry demons' that follow you back and stay with you all year round.

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A visit to India is often the first honest assessment an NRI family gets of their parent's actual situation. It is the best time to analyze real care needs, qualify them, and put systems in place.”

Asheesh Gupta, Founder and CEO, Samarth Elder Care

2026 - Every year, between June and August, hundreds of thousands of NRIs board a flight to India. They go to see family, to mark birthdays and anniversaries, to let their children eat mangoes in their grandparents' kitchen. And every year, most of them board the return flight carrying something they did not pack for. A feeling of dread that was not that prominent before they arrived. It is not something that they can put their finger on clearly. The sinking feeling of seeing the powerful force that were their parents, now tiring and waning. Seeing the medication drawer with too many bottles in it, and no clear system. The medications in the wrong order. The retelling

of the same story, mentioned the previous evening or week. The gait that was just a little more wobbly than last year. The duct taped leg of the dining table. The mention, in passing, of a dizziness that happened three weeks back and was never followed up on.

It is the gap between the parent they imagined and the parent they actually found. [Samarth Elder Care](#), highlighted as India's benchmark for elder care, their systems highlighted by [Niti Aayog's FrontierTech](#), calls this the Post-Visit Window. It is the weeks immediately following an NRI family's return to the US, when the distance snaps back into place but the things they witnessed are burned into their memory.

The signs families most commonly report noticing during their summer visits are not emergencies. They are the slow accumulation of small things that phone calls and video chats are structurally unable to surface. Expired medications sitting alongside current ones, a home that has quietly become harder to navigate, a social world that has gradually contracted, meals that have become simpler, less frequent maybe even less balanced. None of these trigger a doctor's visit. All of them are meaningful.

The emotional cost of this experience is well-documented. Research published in The

Gerontologist (Oxford Academic, 2026) draws on the National Study of Caregiving and finds that nearly one-third of adult-child caregivers experience clinically significant symptoms of depression and anxiety, with those living at distance reporting heightened stress specifically linked to the inability to monitor a parent's wellbeing and attend health appointments in person.

Add to these the broached and botched conversations with parents who refuse to leave their own homes, and also refuse to get help of any kind, and we have a recipe for the most helpless anxiety that slowly permeates into the lives of NRIs, and can manifest suddenly in the strangest of ways.

"We hear the same thing from families in September every year. They say, I

thought they were managing. And then I went home and I saw they weren't. And now I'm back in Houston or in New Jersey and I cannot unsee what I saw. That moment, that specific discomfort of being back at your desk while the image of your parent's home is still in your head, is the moment Samarth was built for. It is the moment when a phone call to Samarth changes everything", says Asheesh Gupta.

What the Post-Visit Window offers, and what most NRI families fail to use, is urgency with clarity. The details are fresh. The specific concerns are real and recent. The motivation to act is at its highest. That is why Samarth is providing free access to NRIs who are in this Post-Visit Window to their [Parent Wellness Assessment](#), that takes 6 minutes to fill out and delivers a detailed report of the type of care their parents in India need.

Samarth's experience consistently shows that families who contact a professional care organisation within 30 days of returning from India are able to put in place a support structure that directly addresses what they witnessed first-hand, rather than reacting to a crisis months later when the window has long closed.

About Samarth Elder Care

Samarth Care is India's leading professional elder care company, helping older adults live with dignity and independence while giving their families, wherever in the world they may be, the assurance of high-quality care. Founded in 2016 by alumni of IIT, IIM, Cambridge, Yale and, with executive leadership backgrounds at McKinsey & Company, Samarth operates across 350+ cities in India, serves families in 33+ countries, and is backed by Social Alpha. Trusted by diaspora



families across North America, UAE, Asia & Australia, Samarth services span in-home care with a dedicated Care Manager, community and wellbeing programmes, and specialist clinical care through the Samarth Clinic for Healthy Ageing.

When a family cannot be there, Samarth is.

Sources:

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